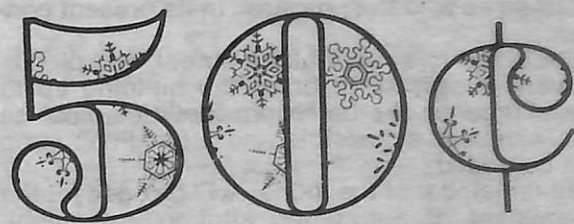


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AGAWAM

Advertiser-News



Volume XVII Number 7

"Your Hometown Newspaper"

February 17, 1994

Back-To-Back Snowstorms Bury Community



TWO MORE SNOWSTORMS LAST WEEK added over 18 more inches of the white stuff on the landscape, putting the snowfall for this winter to about 63 inches. **IN PHOTO LEFT**, Brendon and Brian Struck of Poinsetta Street dig out on Saturday, February 12th; **IN PHOTO RIGHT**, the snow banks on Rhodes Avenue in Feeding Hills are getting and higher. In photo are Anthony Ginious, 9; Mike Baer, 11; and Jeff Hayslett, 12. Advertiser News photos by Jack Devine.

Mayor Seeking Approval Of \$150,000 To Get Agawam Country Club Running

by Kathy Cassanelli
News Editor

At the February 15th special meeting of Town Council called by Mayor Christopher C. Johnson, the council gave its informal support to Johnson's proposal for the organization of the Agawam Country Club.

Johnson said the most viable option for the operation of the golf course is a municipal operation. After researching the operation of area municipal golf courses and after exploring the option of leasing operation of the course to a private company, Johnson said, "I came to the conclusion that the most successful operations in the area are municipally run." Johnson is seeking \$150,000 from the town's stabilization fund as starting money for capital improvements there.

Councilors voiced concern over the liability the town could incur as a result of serving liquor in the existing clubhouse, and the possibility that

renovation costs might become an "endless pit" of expenditure.

The Mayor sought council support for ordinances to create the positions of golf course manager, assistant groundskeeper, four full-time laborers, and an undetermined number of seasonal clubhouse attendants.

Under the Mayor's plan, maintenance of the course grounds will come under the Department of Public Works, thereby allowing for more flexibility and efficiency for both the DPW and the golf course operation.

During the off-season and on rainy days, the golf course laborers would be shifted to DPW projects, including snow removal operations in the winter.

With the DPW currently operating with fewer employees than in 1970, Johnson noted they certainly could use the extra staff. Conversely, the golf course would benefit from this arrangement by the availability of assistance from the DPW on major projects. Additionally, specialized equipment can be shared by the DPW and the golf course.

According to the Mayor, incorporating golf course workers into the DPW as full-time employees would save the town from having to pay unemployment compensation to employees laid off in the winter, as well as offer full-time employment that would attract more qualified applicants.

SEE COUNTRY CLUB - Page 2...

COUNTRY CLUB - from Page 1...

Repayment Of \$150,000 Loan

Johnson told the council the \$150,000 is a loan that will be repaid on a schedule to be determined in the future, based on the revenue generated by the course. Johnson said he may be returning to the council for additional funds to properly operate the course.

The Mayor said at least \$50,000 would be needed for renovations to the clubhouse, which he described as a "safety hazard" in its present condition.

In addition to structural, electrical, and plumbing work necessary to bring the building up to code standards, the bathroom facilities must be made handicap-accessible and a handicap ramp must be added.

The remainder of the money will be used for the replacement of antiquated kitchen equipment, replacement and repair of grounds equipment, and start-up inventories for the golf shop, food and beverage service, and initial course maintenance supplies.

Councilor Gary Suffriti questioned the wisdom of failing to get bids on the operation of the course from the private sector. Johnson said it was impossible to solicit bids due to the lack of accurate records on the past operation of the course.

Concerned with the town's liability in the food and beverage operation, Councilor Walter Balboni suggested the leasing out of the clubhouse concession.

According to Johnson, the town would still be liable as the owner of the club, even if the food and beverage operation were to be leased out. He added that his plan is for the town to operate the concession for the first year and then assess whether or not to seek outside bids to operate the concession.

Johnson said all employees of the clubhouse would be trained in recognizing when a customer has had too much to drink and how to deal with the situation. He said he would "urge and order employees to err on the side of caution."

Responding to Councilor David Skolnick's question, the Mayor said he is looking into the feasibility of using the golf course for cross-country skiing in the winter.

Golf Commission Chairman Dean Godek told

When Will This Ever Stop????



THE SCENE OVER AT THE ORSATTI home on Saturday, February 12th is a familiar one this winter - shoveling snow. Brandon Orsatti is lending a hand to his mother, Carol. Advertiser

News photo by Jack Devine.

the council that while the commission has not finished its work on setting the fees for the course, Agawam residents will receive a discount and the commission is working on special offers for seniors and juniors.

Salary ranges for the proposed positions are: course manager, \$39,700 to \$44,700; assistant greenskeeper, \$23,800 to \$26,800; and laborers, \$18,200.

Johnson hopes to hire a manager by mid-March

and to open the course mid-April, weather permitting.

Despite Council President James Taylor's assurances that no council rule prevented the council from approving a first reading of the ordinances, the council decided to indicate its support through an informal straw poll. The first reading of the ordinances is expected at the council's next meeting on Tuesday, February 22nd.

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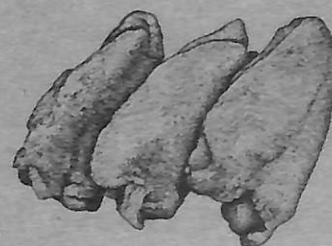
**Land O' Lakes
American Cheese
\$2.39 Lb.**

Must Present Coupon
(Coupon Good Thru 2-27-94)

Feeding Hills Public Market Coupon

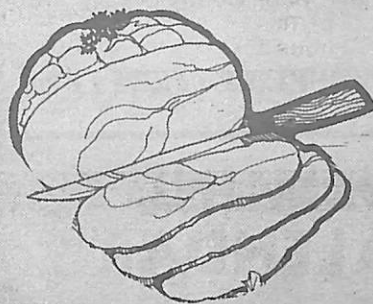
**Townsend
Chicken Breast
\$1.25 Lb.**

Must Present Coupon
(Coupon Good Thru 2-27-94)



Feeding Hills Public Market Coupon

**Krakus Imported Ham
\$2.99 Lb.
With Coupon**



Must Present Coupon
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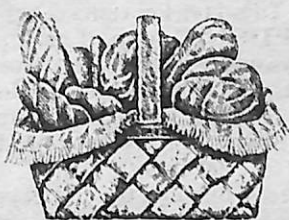
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- Vienna Rolls



Order Ahead — 786-0772

From Our Deli

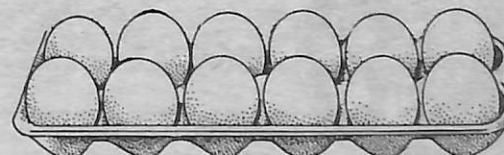
Toliba Provolone
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Letters To The Editor

Granger School PTO Dads Thank Everyone For Support

To The Editor:

We would like to thank everyone who attended our "Dad's Supper" on February 11th. Despite the weather, we had a wonderful time. Many thanks to everyone who helped at the Agawam Junior High, and also to the Agawam High School Jazz Band for their entertainment.

We would especially like to thank the area businesses for their donations to our raffle; they are Friendly's, Peterjans, Amy of Longmeadow Flowers, David from Amanda's Restaurant, and the Marriott of Springfield.

We would also like to thank Vicky DeVirgilio for her contributions, and to Cookie Albro for her delicious cakes.

Sincerely,
Granger School PTO Dads

Leonard House Trustees Appreciate Your Generosity

To The Editor:

Since the "Friends of the Captain Charles Leonard House" program began in 1980, many generous individuals, civic-minded organizations, and forward-looking businesses in Agawam have made gifts to the Captain Charles Leonard House.

In 1993, "Friends" donations helped pay for painting of the north and south sides of the house, tearing down and replacing the three chimneys, and many other improvements.

We are asking for your support. Please become a "Friend in '94" by sending a gift in any amount. Your contribution is tax-deductible.

With your check (made payable to "Captain Charles Leonard House"), please include your address—street, city/town, state, zip code—in addition to your name (as you'd like it to appear in the record book of "Friends").

Thank you,
The Leonard House Trustees

Band Parents' Uniform Drive Concludes Successful Run

To The Editor:

The Agawam Band Parents Association wishes to express its appreciation to the staff of *The Agawam Advertiser News* for their assistance during our new uniform drive.

With your help and the help of the good people of Agawam and Feeding Hills, we have reached our goal for this year.

Look for our children representing Agawam, with pride, in their new uniforms in the St. Patrick's Day Parade.

Cordially,
Jean Mantha, President
Agawam Band Parents

Taking Exception With Comments About Condos

To The Editor:

In the *Springfield Union News* the other day, there was a comment by Mass. State Representative Michael Walsh about the riverboat gambling that has been discussed lately.

His comment was comparing riverboat gambling to condominiums. He said something like the following: "Riverboat gambling of the '90's is like condominiums of the '80's: short term success, long term disaster."

I call Representative Walsh's office to try and get an explanation from him of that comment. He wasn't available and he evidently didn't consider it important enough to call me back, which, I think, is not only showing lack of consideration for me, but contemptuous of the hundreds of people in Agawam who live in condominiums.

Let's get a few things on paper about condominiums. First, condominium residents pay large amounts of city taxes and get few services from the town. Second, Agawam probably has more condominiums than any city its size in the area: Corey, Plantation, Beekman, Mansion Woods, Castle Hills, to name a few.

I don't see disaster in any of those condominiums. Perhaps at Regency, where Representative Walsh lives, there is disaster. My wife and I have lived at Beekman for 16 years and are very happy here. Maybe Representative Walsh should visit our "long term success."

Well, I think Mike should either explain in print what he meant or offer a written public apology.

Sincerely,
Robert E. Colburn
72 Beekman Drive
Agawam

Agawam Public Library Is A Vital Facility

To The Editor:

One of the most unassuming but vital facilities in Agawam is the public library. My appreciation largely goes unheralded, usually a thought only to myself, as I return to my parked car. "Gee, what a great library."

One evening, my enthusiasm occurred when I checked out my books at the desk. I shared my conclusion with the librarian. She suggested I write the Mayor.

Although not particularly a bibliophile, I enjoy visiting libraries, given free time, in a strange town. Many, unfortunately, are housed in older buildings which tend to convey a mustiness about the literary word and knowledge past. I'm not saying many of the older library buildings aren't handsome, but the pretense conveys books in a world of relics, in time almost forgotten.

Older volumes certainly can be found in the Agawam library. The recent architectural style, however, precludes staleness. Indeed, usually children are sauntering about, teens are busy with school research or whatever, and the place is bustling.

The staff are impeccable in their ability to be helpful and patient. A local artist's exhibit, regularly featured in the foyer, usually grabs my attention. I appreciate this exposure both for my kids, myself, and the local artists.

Forgive me using a cliché from an overexposed burger commercial, but, "Hey, I love that place!"

Sincerely,
Damian Gormley
Feeding Hills

Auto Insurance System Fails Mass. Drivers Miserably

To The Editor:

The current automobile insurance system has failed Massachusetts consumers miserably!

Simply adding corrective changes to such a failed system is no solution. Adopting a "choice" proposal would merely intensify the severely flawed problems of fraud, duplicative coverages, and inefficiency which permeate the current system.

Repealing the so-called "no-fault" threshold is only a small part of the solution, yet is attracting the most attention.

The auto insurance reform bill recently engrossed by the Senate is a comprehensive, total restructuring of the system. The many cost-saving provisions are being pushed to the back burner because of the contested debate between the attorneys and the industry on the issue of the repeal of no-fault.

What should be highlighted and brought to the attention of your readers are the following consumer-oriented, money-saving provisions:

- * eliminating duplicative coverage for 80% of the policy holders by shifting medical care coverage from auto insurance to an individual's health care provider;

- * ending duplicative recovery and windfall to plaintiff's attorneys by eliminating collateral source payments from settlements and judgements;

- * requiring that all accident reports provide the name and address of all occupants in the vehicle so as to avoid "dummy" claims;

- * holding attorneys and chiropractors more accountable professionally;

- * outlawing ambulance chasers and other solicitation for commercial purpose.

- * providing a menu of coverage selections for consumers to choose what meets their needs;

- * keeping approximately 85% of all automobile accident related cases out of court by mandating mediation or binding arbitration, thus ending the windfall to defense attorneys and clogging up the courts;

- * establishing a trust fund to assist the Attorney General and law enforcement officers to combat auto theft and bodily injury fraud in targeted cities;

SEE LETTERS - Page 5...

COMMUNITY CALENDAR

Sponsored By
COLONIAL FUNERAL HOME

Monday, February 21st
Agawam/W. Spfld. La Leche League
At Grace Lutheran Church, W. Spfld.
7:30 p.m.
Call 734-5922 for more info

Tuesday, February 22nd
"OPTIONS" support group for widows and widowers; sponsored by Forastiere Family Funeral Homes
At St. Paul Lutheran Church,
181 Elm St., East Longmeadow
7:00 to 9:00 p.m.
Free & open to the public; no pre-registration is required
Call 733-5311 for additional info

Tuesday, February 22nd
Ag. Chapter of Mass. Citizens for Life
At Ag. Police Station Community Room
7:30 p.m.
For more information, call 789-4117

Thursday, February 24th
Free program on self-esteem for children (to be presented by Dr. Steve Sobel)
At Ag. Public Library Comm. Room
7:00 p.m.
For more info & to register for program, call the library at 789-1550

Monday, February 28th
Ag./Feeding Hills Chapter of AARP
At Agawam Senior Center
1:30 p.m.



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The Agawam Advertiser•News

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LETTERS - from Page 4...

* increasing penalties for torching vehicles, stealing vehicles, larceny committed by agents, and for auto insurance fraud as to accident claimants, attorneys, and health care providers;

* mandating a 10% decrease in bodily injury premiums;

* providing a plan to phase in competition among insurance companies as is done in 49 other states.

Massachusetts consumers are sick and tired of promised savings that have never been realized, projections of 64% bodily injury cost reductions which have resulted in actual 94% increases. It is time for a new auto system in Massachusetts. It is time for the House to act on the Senate auto reform bill.

This consumer issue is too important to let sit through another legislative session. I urge the consumers of Massachusetts to contact their area legislators and voice their concern and dismay of the present auto insurance system.

I also urge the members of the House of Representatives to expeditiously address this issue in order to bring cost savings to the consumers of their districts.

Linda J. Melconian
State Senator
1st Hampden District

LEGAL NOTICE**TOWN OF AGAWAM
BOARD OF APPEALS**

Notice is hereby given that the Board of Appeals will give a hearing at Agawam Middle School Cafeteria, 68 Main St., Agawam, THURSDAY, FEBRUARY 24, 1994 at 6:30 P.M. o'clock, to all parties interested in the appeal of I. FRANKLIN REALTY which is seeking a Special Permit in accordance with Section 180-7, Paragraph B of the Zoning Ordinances which would allow for the expansion of a non-conforming structure with less than the required rear yard, at the premises identified as 79 SPRINGFIELD STREET.

By order of the Board of Appeals,
Ronald Hebert, Chairman

Published: February 17, 1994

LEGAL NOTICE**AN ORDINANCE ESTABLISHING SECTION 3-8A OF THE CODE OF THE TOWN OF AGAWAM ENTITLED "MUNICIPAL GOLF COMMISSION"**

WHEREAS, the Town of Agawam has acquired the property known as the "Agawam Country Club"; and

WHEREAS, the Town of Agawam intends to continue the operation of the "Agawam Country Club" as a municipal golf course; and

WHEREAS, the Town of Agawam is forming a MUNICIPAL GOLF COMMISSION to facilitate the efficient and effective operation of the "Agawam Country Club" as a municipal golf course; and

NOW THEREFORE, BE IT ORDAINED AND ENACTED by the Agawam Town Council as follows:

1. ADD AND INSERT IN CHAPTER 3 ENTITLED "ADMINISTRATION OF GOVERNMENT" THE FOLLOWING:**3-8A MUNICIPAL GOLF COMMISSION****A. ESTABLISHMENT**

There is hereby established in the Town of Agawam a Municipal Golf Commission to advise and assist in the maintenance, promotion, development and administration of the Agawam Country Club.

B. COMPOSITION AND TERM

The Municipal Golf Commission shall consist of five (5) Agawam voters who shall be appointed by the Mayor and confirmed by the Town Council. The members of the Municipal Golf Commission shall receive no compensation for their service on the commission. Any member of the commission may, after a public hearing if requested, be removed for cause by the Mayor.

At the time of the creation of said commission, there shall be appointed two (2) members for one (1) year, two (2) members for two (2) years, and one (1) member for three years. Thereafter all appointments shall be for a term of three (3) years.

C. DUTIES AND POWERS

The powers and duties of the Municipal Golf Commission shall be as follows:

1. Assist and advise in the preparation and development of the annual operating budget for

LEGAL NOTICE**TOWN OF AGAWAM
APPROVED
TOR-93-6**

the golf course.

2. Assist and advise in the preparation and development of the capital improvement plan for the golf course.

3. Prepare and periodically update a schedule of fees and charges for all goods and services offered at the golf course.

4. Assist and advise in the contracting for or letting of services, equipment and supplies for the golf course.

5. Prepare and cause to be published such Rules and Regulations as it deems necessary for the proper operation of the golf course, subject to the approval of the Mayor.

6. Prepare an annual report of its activities for the Mayor with copy to the Town Council.

7. Solicit and receive gifts of funds, services, supplies, equipment, lands, buildings and other properties in the name of the Town of Agawam. All gifts of real property are subject to the approval of the Mayor and the Town Council.

D. LIQUOR LICENSE

The Town of Agawam shall hold in its name the all alcoholic liquor license for the Agawam Country Club. Notwithstanding the provisions of Section 72-2 of the Code of the Town of Agawam, the sale, possession and consumption of alcoholic beverages at the Agawam Country Club shall be permitted.

E. ENTERPRISE FUND

Pursuant to Massachusetts General Laws Chapter 44, Section 53F1/2, there is hereby established a separate account classified as an enterprise fund for the operation of the golf course. The passage of this section by the Town Council shall act as its acceptance of the provisions of Massachusetts General Laws Chapter 44, Section 53F1/2.

This ordinance shall take effect upon its passage. (Amended 2/7/94)

DATED THIS 7th DAY OF FEBRUARY, 1994.

James D. Taylor, President
Agawam Town Council

APPROVED AS TO FORM AND LEGALITY
Thomas S. Locke, Solicitor

Published: February 17, 1994

ADVERTISER NEWS

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Fri. & Sat. 4:00 - 10:00

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Saturday - Surf 'N Turf - \$12.95

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* When You Buy One Meal At Regular Price, Your Second Meal Of Equal Value Or Less Will Be Deducted. Offer Good On Entrees Only. \$5.00 Bar Minimum Required. Not Redeemable In Combination With Any Other Promotion Or Early Bird Specials.

Coupon

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Wednesday and Thursday Only

Save \$5.00

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This coupon is not redeemable on specially priced entrees, lunch menu items, or early bird specials. Only one coupon per couple, per visit. Coupon is not redeemable for cash or with any other coupon or special. Applicable taxes paid by bearer.



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FireWise

by Fire Chief David Pisano Choosing And Using A Fire Extinguisher

More fires start small, and it is at this stage that if a fire extinguisher is handy, it could put out the fire or keep it from spreading. You should only attempt to fight a fire with a fire extinguisher when it is small and in its early stage.

If your exit could potentially be blocked by fire, don't attempt to fight the fire. Instead, get out of the building.

The Agawam Fire Department provides the following hints on purchasing and using a fire extinguisher:

- Most fire extinguishers operate this way:
 1. Pull the locking pin.
 2. Aim at the base of the flames.
 3. Squeeze the handle.
 4. Sweep back and forth over the burning area.
 - The contents of most extinguishers last less than 30 to 60 seconds. Aim carefully at the base of the flame.
 - Fire extinguishers are meant to fight only small fires (no bigger around than a trash can). Fighting too large a fire can be dangerous.
 - Whenever a fire occurs, get everyone out first and call the fire department. Then use your extinguisher if the fire is still small enough.
 - All fire extinguishers are not alike. They are marked with the letter(s) indicating the type of fire they can put out:
 - "A" - ordinary fuels, such as wood, cloth, paper, rubber, plastics.
 - "B" - flammable liquids like gasoline, kerosene, oil, paint, kitchen grease.
 - "C" - electricity.
 - "D" - metals.
 - Purchase a multi-purpose extinguisher with a "BC" or "ABC" label for typical home use.
 - Install extinguishers.
 - Check the pressure gauge on your extinguisher periodically to see if it needs recharging. Look in the phone book for professionals to fill and recharge extinguishers.
 - Always refill or replace a use extinguisher immediately. Never put it back empty. An empty extinguisher is dangerous for someone else to use.
- For additional information, contact the Agawam Fire Department at 786-2662.

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM AGAWAM CONSERVATION COMMISSION

The Agawam Conservation Commission will meet on Thursday, February 24, 1994 at 7:15 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, MA. This hearing, pursuant to the provisions of General Laws Chapter 131 Section 40, is called to act upon the petition of Joseph Russo to perform work subject to the Wetlands Protection Act on the northerly side of Mill Street.

Henry A. Kozloski, Chairman

Agawam Conservation Commission

Published: February 17, 1994

LEGAL NOTICE

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TOWN OF AGAWAM AGAWAM CONSERVATION COMMISSION


The Agawam Conservation Commission will meet on Thursday, February 24, 1994 at 7:30 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, MA. This hearing, pursuant to the provisions of General Laws Chapter 131 Section 40, is called to act upon the petition of David Ladizki to perform work subject to the Wetlands Protection Act on the east side of Suffield Street.

Henry A. Kozloski, Chairman

Agawam Conservation Commission

Published: February 17, 1994

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WORKOUT
INDOORS!"**



**PRIME
FITNESS**

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For A
**FREE
Workout!**

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Walsh Named "Legislator Of The Year"



MASSACHUSETTS TOWN CLERKS' Association President Nancy Norris and Agawam Town Clerk Richard M. Theroux (right) present the "Legislator of the Year" Award to State Representative Michael P. Walsh. Theroux, who nominated Walsh for the award, stated, "Mike has given the Clerks of Massachusetts his support concerning a variety of issues this year. Mike's support of the motor voter bill, legislation that will allow citizens of the Commonwealth to register to vote at the Registry of Motor Vehicles through the mail, was essential in its passage."

Agawam Crime Prevention...

About The Police Patrol Unit

by Detective Wayne Macey
Agawam Police Department

The patrol unit is the single most important unit operating within the police department. The men in blue who drive the marked cruisers are responsible for a multitude of activities not the least of which is the safety and well-being of the people within their assigned districts. They remain both available and highly visible and as such, they are an effective crime deterrent. Often referred to as the front line, they are also the first to respond and react.

The types of calls are varied and can range from the barking dog, to family disputes, larcenies, and assaults. One of the most frequent and difficult of all calls is the motor vehicle accident. Many require the careful extrication of bodies from twisted metal, as well as the calming of those involved and the taking of measurements to be used in a later court case.

In his career, the cruiser patrolman will leave

behind a trail of half eaten meals and many sleepless nights. They will be asked to deliver babies, calm fears, heal the sick and injured, and in general, perform miracles. All this to be done without being afforded the luxury of knowing beforehand what they are getting into.

In addition, they will be responsible for gathering those most important first bits and pieces of information which will determine the ultimate success or failure of any major investigation. They are the "trench people" and the real backbone of any police department.

It is the place where all police officers will start their career and where most will end it. It is the time most often remembered by those retired, and lastly, it is the people; the men and women with whom we share the laughter and the tears of the most important emotional times of our lives.

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM PUBLIC HEARING

The Agawam Town Council will hold a public hearing on Monday, March 7, 1994 at 7:30 P.M. at the Agawam Middle School, 68 Main Street, Agawam, MA. The purpose of this hearing will be to hear the petition of the Agawam Planning Board to amend Chapter 180, Article VII of the Agawam Town Code entitled "Business A District" with the following amendments:

Add to Section 180-44, Permitted Uses: Section 180-44H - Drive-In Restaurants and Drive Thru Restaurants after a Special Permit by the Board of Appeals in conformance with Section 180-11. At no time shall less than 50 parking spaces be pro-

vided on site.

Add the following definitions to Section 180-2, Definitions and Word Usage: Restaurant, Drive-In and Drive-Thru - a restaurant which provides convenient vehicular access and may provide service to customers while in their vehicles.

Copies of these proposed amendments can be viewed or obtained from the Agawam Planning & Community Development Office or the Agawam Town Clerk's Office in the Agawam Town Hall.

Ursula Retzler
Clerk of the Council

Published: February 17, 1994

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Melconian Decries Shortchanging In Highway Funds

Senator Melconian (D-Springfield) has charged the Weld Administration for "shortchanging" funding for Western Massachusetts roads and highways, while increasing line items for projects such as the Third Harbor Tunnel in Boston.

Melconian stated, "The Governor proposed a Transportation Bond Bill to the tune of \$5.5 billion. There are substantial line items for numerous Boston-based projects, but a shortfall of Chapter 90 monies to communities like ours in Western Massachusetts."

The legislature has earmarked \$2.1 billion for the state's share of the Third Harbor Tunnel, while only allocating \$180 million over two years for local highway assistance. Furthermore, the Governor has designated \$60 million in additional monies to link Boston's North and South railroad stations.

Melconian countered that the price tag on the Third Harbor Tunnel could in fact balloon into a much higher figure. Its current total cost is set at \$7.7 billion, but Melconian fears it could reach as high as \$10 billion. The Bill also appropriates \$750,000 to further study a mode of high-speed surface ground transportation between Boston and Springfield—a sum which Melconian defined as "meager."

She stated, "If the Governor can set aside \$60 million to connect Boston's North and South stations, then he should be able to find the \$1.8 million it will take to connect Western, Central, and Eastern Massachusetts."

Senator Melconian also vowed to fight as hard as necessary to ensure that Western Massachusetts has its fair share of highway monies. She concluded, "Our roads have been hit hard, given the impact of this particularly harsh winter. The taxpayers of Western Massachusetts deserve their fair share of available funds."

Agawam Obituaries

Roger G. Garneau

Roger G. Garneau, 82, of Belmont Avenue, Springfield, a retired painter and member of Painters Union Local 257, died in Baystate Medical Center. He joined the union in 1940, and was a life member.

He also worked for the Roman Catholic Diocese of Springfield, and assisted in the painting of St. Michael's Cathedral, St. Joseph's Church, and the bishop's residence and the former Convent of the Sisters of St. Joseph, both on Elliott Street.

Upon his retirement in 1972, he worked for Hafey and Sampson Funeral Homes. He also had worked for the former Sears, Roebuck & Co. Department Store in West Springfield.

Born in Holyoke, he moved to Springfield in 1916.

He was a communicant of Holy Name Church, and a former member of its Men's Club.

He leaves his wife of 59 years, the former Rose N. Benoit; two daughters, Dolores C. Ascioti of Springfield and Gloria E. King of Feeding Hills; a sister, Cosette Grise of Pompano Beach, Florida; four grandchildren, and four great-grandchildren.

The funeral was held at Agawam Funeral Home and the church, with burial in St. Michael's Cemetery.

Aida E. Pultro

Aida E. (Nascimbeni) Pultro, 58, of 17 Perry Lane, Agawam, died at home. Born in Springfield, she moved to Agawam 23 years ago.

She was a communicant of St. John the Evangelist Church. Her husband, Joseph Pultro, died in 1981. She leaves three sons, Joseph N. of Litchfield, Maryland, Gary P. of Bryantville, Arkansas, and Gregory P., with whom she made her home; her mother, Toscana (Guiliani) Nascimbeni of Springfield; two brothers, Bartolomeo of Agawam and Peter of Springfield; four sisters, Anna Veronesi of Norfolk, Connecticut, Domenica Liberatore of Agawam, Bianca Condil and Francesca Sticca, both of Springfield; and five grandchildren.

The funeral and burial will be private and at the convenience of the family. The Toomey-O'Brien Funeral Home is in charge of arrangements.

Memorial contributions may be made to the American Cancer Society, 383 Dwight St., Holyoke, MA 01040.

New Tax Package Tested For IRS

"Business as usual" for the Internal Revenue Service is changing. Tax processing procedures are changing within the IRS, which will affect tax return filers.

Over a billion tax forms, schedules, tax refunds, payments notices, and matching documents are processed by the IRS each year. "The changes," the IRS says, "will result in a tax system that is more efficient, more cost-effective, and better able to serve the public."

The IRS is currently testing and changing "the way they do business" through the following pilot tests on tax forms packages.

Tax Forms Package Envelopes/Labels

In January 1994, approximately 10 million tax forms packages for individuals, entitled "Form 1040-5," will contain payment vouchers. Most of these taxpayers, who owe taxes, will mail their returns, payments, and the new vouchers in one envelope to their service centers.

However, taxpayers living in the Cincinnati, Brookhaven, and Ogden Service Center areas will receive special instructions and tax packages. Generally, the tax packages for the taxpayers will contain envelopes, and in some cases pre-addressed labels. They will be used to send the payments with their vouchers separate from the completed returns, to different addresses for quicker processing.

The 1040-5 tax package contains one copy of the Form 1040 instructions and copies each of Form 1040, Schedules A, B, C, D, E, and SE and the forms and instructions for Forms 2441, "Child and Dependent Care Expenses," 4562, "Depreciation and Amortization" and 8606, "Non-deductible IRAs (Contributions, Distributions, and Basis)."

Tax Package Postcard Vouchers

This filing season over 22 million taxpayers nationwide will find a preprinted, computer-scannable payment voucher attached to their Form 8160, "Tax Package Order Blank (Form 1040)." Taxpayers who traditionally use a tax preparer to complete their returns, receive the Tax Package Order Blank in place of the standard Form 1040 tax package.

The new instructions tell taxpayers who receive the postcard and owe taxes to send the new voucher with their checks to the appropriate service centers. Computers read the new vouchers and eliminate the need for IRS employees to input the data manually. The voucher is another IRS effort to reduce errors and increase efficiency in the return processing system.

Tax Problems Solved By IRS Program

"Ann" has a tax problem caused by mixed-up social security numbers. She has tried for the past several months but has been unable to resolve the problem through normal IRS channels.

"Louis" received an error notice about his tax return last year. He does not agree that he made a mistake on his tax return. But each time he has written the IRS, the only response has been another bill.

Is there anyone in the IRS who can help people with tax problems like these?

Yes, there is! For problems that have not been successfully resolved through normal IRS channels, the personnel in the Problem Resolution Program (PRP) offer tax knowledge and support. Anyone with a federal tax problem who has not been able to get an answer can call their local IRS office and ask for Problem Resolution. If a local number is unavailable, taxpayers can call toll-free 1-800-829-1040, or write their local IRS district director asking for problem resolution assistance.

There is also a PRP telephone number especially for hearing-impaired individuals who have a tele-communication device for the deaf (TDD), 1-800-829-4059.

Most PRP cases fall into one of the following categories: 1) people needing information or assistance on a refund problem; 2) an incorrect action or lack of action by the IRS to resolve a complaint after notices have been issued; 3) cases where normal channels, established systems, or procedures are creating or will create a significant hardship for the taxpayer (inability to maintain necessities such as food, clothing, shelter, transportation, and medical treatment); or 4) a gross error by the IRS.

Many problems are solved within a few days, but some do take longer. Each problem gets personal attention. As often as possible, only one person will deal with each case.

While PRP personnel do all they can to help taxpayers resolve tax problems, there are limitations. Problems relating to appeals of decisions made in tax examinations, Freedom of Information Act requests, Privacy Act inquiries, and complaints about hiring practices are all outside PRP's authority.

More on PRP can be found in Publication 1546, *Problem Resolution Program*. It is available free by calling 1-800-829-3676.

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Frank Forastiere

Elayne Forastiere Smith

Mark Smith

Peter Forastiere

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Of course, the best way to really save money is through our Pre-arrangement and Pre-funding Plans.

For more help with funeral arrangements, bereavement counseling or funeral planning, please call: **786-2600**.



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Southwick Funeral Home
Southwick • 624 College Highway

Forastiere Funeral Home
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Families



MR. & MRS. SEAN D. WELCH

Karrie M. Skorupski Weds Sean D. Welch

On January 15th, 1994, Our Lady of Hope Church, 577 Carew Street, Springfield, was the setting for the 6:00 p.m. ceremony that united Karrie Marie Skorupski and Sean Devlin Welch in matrimony.

The bride is the daughter of Mr. and Mrs. Stanley H. Skorupski of 20 Princeton Avenue, Feeding Hills. The parents of the groom are Thomas F. Welch of Lower Route 20, Brimfield, MA, and the late Andree S. Welch.

Following the ceremony at Our Lady of Hope Church, a reception was held at the Polish-American Veterans' Club, 1116 School Street, Chicopee.

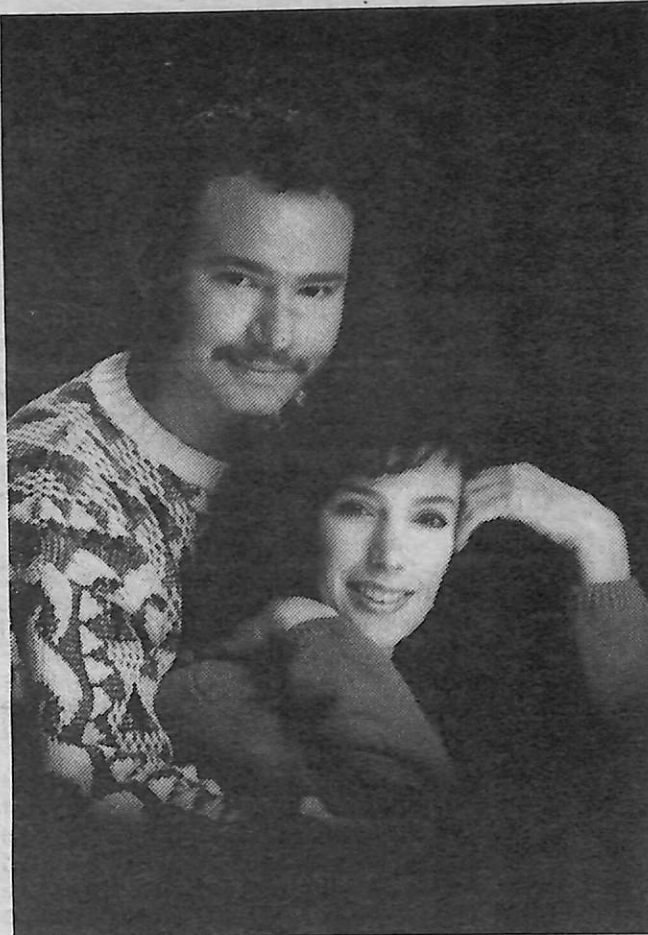
The bride's attendants included Kimberly Conway, matron of honor; Natasha Stewart, maid of honor; and bridesmaids Melissa Fraga, Michelle Norman (sister of the groom), and Brooke Story; and the flower girl was Stephanie Norman.

The groom's attendants were Paul Karam, best man; Tom Welch (brother of the groom), head usher; and ushers Glenn Welch (brother of the groom), Kevin Norman, and the following brothers of the bride—Jeff, Scott, and Craig Skorupski; and the ring bearer was Joshua Welch.

The bride is a 1988 graduate of St. Mary's High School in Westfield, and a 1993 graduate of Westfield State College with a BA in English literature. She is currently employed as a fitness instructor at the Sheraton Athletic Club.

The groom is a 1988 graduate of Agawam High School, and a 1993 graduate of UMass/Amherst with a BS in hotel and restaurant management. He is presently employed as the front desk manager at the Seaview Marriott Golf Resort in Absecon, New Jersey.

The couple will reside in Absecon, New Jersey.



DAWN-MARIE DENNIS & JOHN LEBEAU

Dawn-Marie Dennis To Wed John LeBeau

Mr. and Mrs. Donald Dennis of Agawam announce the engagement of their daughter, Dawn-Marie Lee Dennis, to John David LeBeau.

Dawn-Marie is a graduate of Agawam High School and is employed as a nanny for a private family in Farmington, CT.

John attended Central Connecticut State University and is a customer service supervisor for Kayser Permanente in Farmington, CT.

William J. LeBeau, Jr., of Bristol, CT, is the father of the groom. Carmela P. LeBeau of San Luis Rey, CA, is the mother of the groom.

A May 28th, 1994 wedding is planned at St. John's Church in Agawam.

St. Joseph's Day Dinner Dance To Be Held At Polish Club

A St. Joseph's Day Dinner Dance will be held on Saturday, March 19th, at the Polish American Club of Agawam, 139 Southwick Street (Route 57), Feeding Hills.

Polish and American music will be featured by Gene Wisniewski and his Harmony Bells. Doors open at 6:00 p.m., and a Polish dinner will be served from 7:00 to 8:00 p.m. Dancing will last from 8:00 p.m. until midnight.

Tickets are \$10 each and are by reservation only. Please call Mary at 786-4057; Stacia, 786-6124; Janice, 786-9798; and Julia, 786-0582.

**Check
our
classified**



JILL NORMOLYE & JOSEPH R. ANTICO

Jill Normoyle Engaged To Joseph R. Antico

Mr. and Mrs. Michael Normoyle of 38 Eddywood Street, Springfield, have announced the engagement of their daughter, Jill Marie, to Joseph R. Antico.

Miss Normoyle is a graduate of the former Classical High School and STCC. She is employed by Baystate OB/GYN Group, Inc., in Springfield.

Mr. Antico is the son of Mr. and Mrs. Bruno D. Antico, Jr. of 75 Channell Drive, Agawam. He is a graduate of Agawam High School and is employed by Homedco, Inc., of Springfield.

The couple is planning a May 8th, 1994 wedding.

Zucco Scholarship To Benefit From Dinner On March 6th

The annual Zucco Scholarship Dinner honoring Marie and Nick Zucco will be held Sunday, March 6th, at 5:30 p.m. at the Agawam Congregational Church, 745 Main Street, Agawam.

While there is no charge for the dinner, donations are gratefully accepted. All proceeds from the dinner of baked ham, beans, potato salad, cole slaw, dessert, and beverage go to benefit students continuing their education.

A "magical" evening will follow the dinner.

Reservations can be made by calling the church at 786-7111 or 786-6954. Reservations close on Thursday, March 3rd.

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Registered Dietitian

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SOME THOUGHTS ON PLANNING AHEAD

The purpose of planning ahead is simple. One day a great deal of vital information about you or a loved one will be needed by your family and those persons responsible for assisting them.

A pre-planned funeral service can make you and your family more comfortable by knowing that personal wishes can be fulfilled and unnecessary difficulties avoided.

The Toomey-O'Brien Funeral Home will be glad to assist you in making pre-need arrangements.

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Laughing Brook Offers February Programs For People Of All Ages

Massachusetts Audubon Society's Laughing Brook Education Center announces the following programs to be held in late February:

FAMILY PROGRAM

FAMILY OWL PROWL - Friday, February 25th, 6:30 to 8:30 p.m.

Join us for an evening of prowling for owls in the moon-lit winter woods. See as an owl sees, listen to hooted and whistled calls, and find out why these animals are called "flying mousetraps." Afterwards, warm up inside with hot cocoa while enjoying a close encounter with some of our resident owls.

The fee for this program is \$5.50 (adult) and \$4.50 (child) for Massachusetts Audubon Society (MAS) members, and \$6.50 (adult) and \$5.50 (child) for non-members.

CHILDREN'S PROGRAM

ECOLOGY CLUB (Grades 5-8) - Saturday, February 26th, 9:00 a.m. to 3:00 p.m.

Tracking the Remote Woods of Laughing Brook - Step off the trail and into some of the more remote areas of the Laughing Brook Sanctuary in search of signs left by fox, deer, porcupine, flying squirrel, and many others. Learn to recognize tracks and signs to tell about the winter survival of these animals.

The fee for this program is \$20 for MAS members, and \$24 for non-members.

ADULT PROGRAM

A HIKE TO THE HOPPER - Sunday, February 27th, 9:00 a.m. to 3:00 p.m.

Spend a winter's day hiking through the wilds of Mt. Greylock with the Massachusetts Audubon Society's Master Naturalist, Tom Tynning. Enjoy the beauty and serenity of the Berkshires as we hike down past cold mountain brooks into "the hopper," a valley closed on three sides in the shadow of Mt. Greylock. Tom will lead this moderate hike focusing on tracks and signs of grouse, turkey, and coyote, and the natural history of Greylock.

The fee for this program is \$17 for MAS members, and \$20 for non-members.

For additional information about these upcoming programs, contact Robert Speare at the Laughing Brook Education Center at (413) 566-8034.



AIMEE BEMIS & SCOTT REED

Aimee Bemis Engaged To Wed Scott Reed

Mr. and Mrs. Rodney Bemis of Jacksonville, Vermont, announce the engagement of their daughter Aimee to Mr. Scott Reed of Whitingham, Vermont. Scott is the son of Clyde Reed of Whitingham and Elaine Bowler of Feeding Hills.

Aimee is a 1991 graduate of Whitingham School and will graduate from Greenfield Community College in June with a degree in accounting.

Scott is a 1989 graduate of Agawam High School. He is a carpenter employed by Burrington Hill Wood, Inc. and Coombs Maple Products in Jacksonville.

The wedding date is set for October 15th, 1994.

Forastiere Family Offers Support For Widow/Widowers

Monthly support groups designed specifically for those whose spouse has died are provided by the Forastiere Family Funeral Homes.

The next meeting will be on Tuesday, February 22nd, from 7:00 to 9:00 p.m. at St. Paul Lutheran Church, 181 Elm Street, in East Longmeadow.

These meetings are ongoing (12 months a year) and there is no pre-registration nor commitment to attend; those wishing to participate need merely to attend.

Facilitated by Grief Counselor Lila Forastiere, this support group is just one of the many programs included in the "Forastiere's OPTIONS ... for a brighter tomorrow." As part of the Forastiere Family Funeral Homes' continuous commitment to helping those who are grieving, the "OPTIONS" programs are offered to anyone in the community, at no charge.

For further information, call 733-5311.

Agawam Commodity Distribution Slated For February 24th

Commodities will be distributed in Agawam on Thursday, February 24th, from 11:00 a.m. to 1:00 p.m.

Residents with an Agawam zip code will pick up at the Senior Center; residents with a Feeding Hills zip code will pick up at the Sacred Heart Parish Center.

Anyone who does not have a card and is not registered, must come to the Senior Center for the first time with positive proof of income and residency.

Food allocations are based on the number of households served each quarter, available inventory, and expected shipments. Some items are available in small amounts and may not be enough for an entire distribution.

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EDWARD LALANCETTE

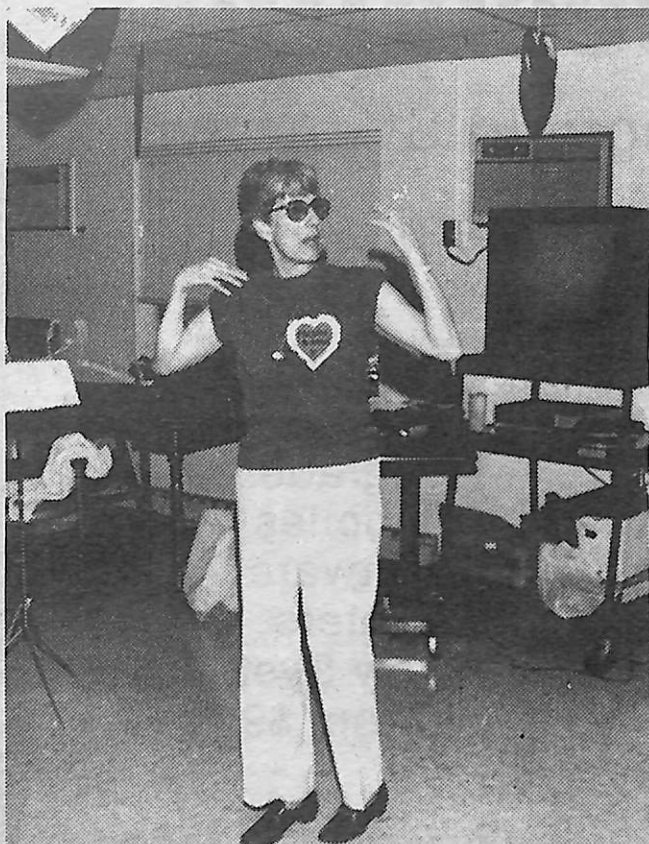
Edward Lalancette Completes Training In Marine Corps

Edward W. Lalancette, the son of Ronald and Patricia Lalancette of Feeding Hills and a 1993 graduate of Agawam High School, entered the United States Marine Corps on August 1st, 1993 on their delayed-entry program as a private first class.

Ed was stationed at Parris Island, South Carolina, where he completed three months of basic training and graduated a sharpshooter on October 29th, 1993. He also was the platoon leader of his squad.

After 10 days' leave, he was stationed at Camp LeJeune, North Carolina, where he took his Marine Combat Training and Infantry Training Battalion. He recently graduated from 11 weeks of advanced training and is now stationed at Plainville, Connecticut, in the U.S. Marine Corps Reserve Program for six years.

"Fit As A Fiddle"



RESIDENTS OF HERITAGE HALL NURSING HOME (West Building) received some exercise instruction from Marjorie Anderson on February 7th. Advertiser News photo by Jack Devine.

"MOVE YOUR WORKOUT INDOORS!"

Stop In For A FREE Workout!

PRIME FITNESS

168 BALDWIN ST., WEST SPFLD. 781-4400



TV-40 ANCHORMAN RAY HERSCHEL greets Cub Pack 75 (Den 1) of Sacred Heart Church in Feeding Hills. The scouts recently toured the TV station.

Cub Scouts Tour TV-40 Studios

In December, Den 1 from Cub Pack 75 of Sacred Heart Church toured Channel 40 TV under the direction of Mr. Dan Jarvis. Included in the tour was the opportunity to watch a live broadcast of the 6:00 p.m. news.

During the weather report, the group was introduced by Dave Madsen and was allowed to be

on TV. It was a very informative and interesting tour, thanks to all of the employees at the station.

Upon completion of the tour, the group went to the Agawam Friendly's for sundaes. The manager was kind enough to reserve a section so the whole group could be together. A special thanks to the waitress and manager.

Storowton Village Has Winter Camp

Storowton Village Museum is calling all children to participate in "A Day Away in the Past," an opportunity to learn more about the early American way of life.

The program will be offered twice, February 23rd and 24th, from 10:00 a.m. to 3:30 p.m.

Children ages eight through 12 will dress in costumes of the time provided by the Village and learn what life was like in bygone days.

Activities include fireplace cooking, basket making, candle dipping, games, and more.

The cost for the one-day program is \$25. For registration and more information, call the Storowton Village office at (413) 787-0136.

Our classified ads will bring you FAST, FAST results!!!

Knitting Guild Plans To Meet At Yard Shop

The Greater Springfield Knitting Guild will hold its monthly meeting on Tuesday, February 22nd at 7:00 p.m. at The Yarn Shop, 360 North Westfield St., Feeding Hills.

This month's meeting will feature Kaffe Fassett Videos.

All knitters, both beginners and advanced, are welcome. For further information, contact Sally at 536-2273 or Martha at (203) 745-5870.

Citizens For Life To Meet In Agawam

The Agawam Chapter of Mass. Citizens for Life will meet on Tuesday, February 22nd, at Agawam Police Station Community Room, at 7:30 p.m.

All are welcome.

For more information, call 789-4117.

"Does your family know what funeral arrangements you want?"

There is an easy way to make sure you have the exact arrangements you want without putting a burden on your family.

Choose the arrangements you want yourself. Through the Family Considerations program. And you can pre-pay them over time so your family won't inherit the bill.

Come see us anytime. With Family Considerations, your family will never have to worry about your funeral arrangements.



Dick and Joe Curran

CURRAN-JONES FUNERAL HOMES
West Springfield-Agawam

EDWARD F. DAY FUNERAL HOME
Holyoke

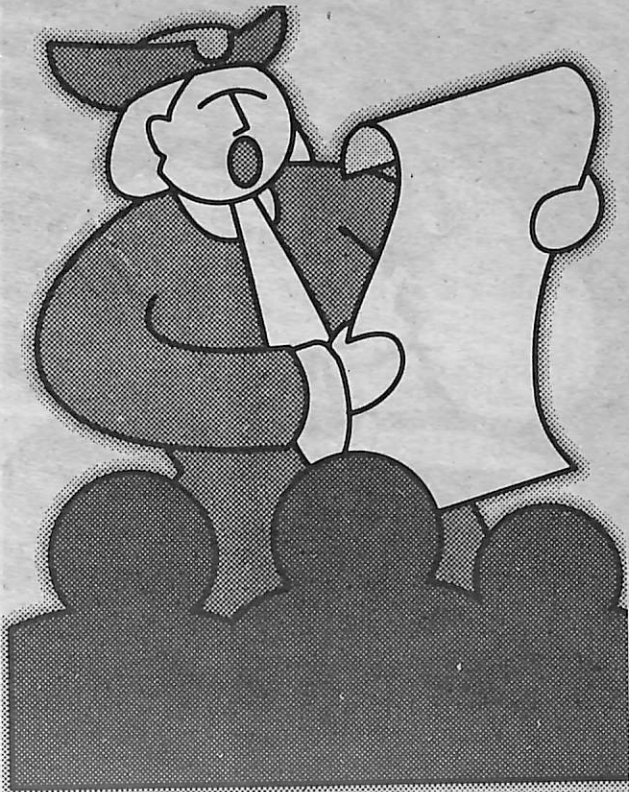
Family Considerations

(413) 781-7766
"PRIDE IN OUR TRADITION"

Family Considerations plans are underwritten by United Family Life Insurance Company.

We, The Taxpayers, Have Rights, Too!

In 1988, Congress passed an unusual measure attached to a piece of technical tax legislation. It was called the "Taxpayer Bill of Rights," and it guaranteed specific protections to taxpayers when dealing with the Internal Revenue Service.



Here are a few of your rights as a taxpayer:

Confidentiality: You have the right to complete privacy and confidentiality where your tax records are concerned. The IRS employees who handle your returns must keep your information confidential.

Disclosure of Rights: The IRS must give you a written statement of your rights, and the audit and collection process, if your tax return is being examined or you are involved in a formal Collection interview. You have the right to record the interview on audiotape. If the IRS wishes to record the interview, they must notify you 10 days prior.

Courtesy and Consideration: You are always entitled to fair, courteous, and considerate treatment from IRS employees.

Hardship Assistance: If paying your tax will cause you a significant hardship, the IRS may arrange an acceptable payment plan or suspend collection.



Notice of Additional Tax: If the IRS determines that you owe additional taxes, or penalties or interest on those taxes, they must give you a detailed explanation of what you owe.

Refund of Overpaid Tax: If you feel, after paying your taxes, that you have paid too much, you have the right to request a refund. The burden of proof is, of course, on you.

The mission of the IRS is to collect the correct amount of taxes from the American public in the most fair and least costly way. The Taxpayer Bill of Rights guarantees that taxpayers will not be mistreated and will not pay more than their fair share.

A summary of your rights appears in Publication 1, *Your Rights as a Taxpayer*. You can order it by calling the IRS at 1-800-829-3676.

Senior Center Friends Planning Fund Drive

Friends of the Agawam Senior Center is currently conducting its annual membership drive for 1994.

"Friends" is a nonprofit organization which dedicates its efforts to benefit Agawam's seniors and the Senior Center.

Interested persons may sign up at the Senior Center or may contact Tom Leahy at 786-5016 or Joanne Willis at 789-1360 for further information.

Best local news...

Cribbage Tournament To Be Held In March At Ag. Senior Center

There will be a cribbage tournament at the Agawam Senior Center, 68 Meadowbrook Manor (off Wright Street), Agawam. The dates are March 7th, 14th, and 21st at 1:00 p.m.

To assure a place at the tables, please make a reservation with Janice or Sandra at the center (telephone 786-0400, extension 242).

If you aren't able to play all three days, please be sure to find a spare or let Janice know so that she can get someone to take your place. This is very important; it can cause someone else to forfeit the day also. Janice will welcome anyone signing up as a spare.

Come and enjoy.

"Agawam Day" Picnic Slated For Sunny FL

The Annual "Agawam Day Picnic" in Florida will be held on Wednesday, March 2nd at Shelter 5 in the Fred Howard Park in Tarpon Springs.

Bring your own lunch, beverage, and chairs! Please pass the word to anyone visiting or spending the winter in Florida that this is a great way to meet fellow townspeople and stay in touch!

For further information, you may call Betty or Ken Grady at 1-813-938-7521 or Evelyn & Al Martel at 1-813-937-0018.

Please come and enjoy the great fun.

Ag. Library Plans Vacation Storyteller

The Agawam Public Library will celebrate school vacation on Wednesday, February 23rd, from 11:00 a.m. to 12:00 noon, with professional storyteller Mary Jo Maichek.

Mary Jo will spin a variety of folktales to entertain kids four and up. Afterwards, refreshments will be shared.

Call 789-1550 or stop by at 750 Cooper Street to register.

Ag. Senior Center's Weekly Lunch Menu

Monday, February 21st: Holiday (Presidents' Day).

Tuesday, February 22nd: Meatloaf with gravy, baked potato, green beans, pumpernickel bread, applesauce with raisins.

Wednesday, February 23rd: Beans & macaroni soup, pizza (hamburger, cheese, pepperoni), tossed salad, lemon cake.

Thursday, February 24th: Baked chicken leg, mashed potatoes, mixed vegetables, Canadian oat bread, canned pears.

Friday, February 25th: Baked fish, baked beans, spinach, rye bread, canned peaches.

(Menu subject to change without notice.)

AARP To Meet At Sr. Center February 28th

The Agawam/Feeding Hills chapter of AARP will meet on Monday, February 28th, at 1:30 p.m. at the Agawam Senior Center.

The guest speaker will be Robert Watson (formerly of Blue Cross/Blue Shield), who will discuss health reforms. There will be a question-and-answer session.

Any senior over 50 years of age (member or non-member) is invited to attend. Refreshments will be served.

For The Young At Heart ♥ Over 60 (Sixty)

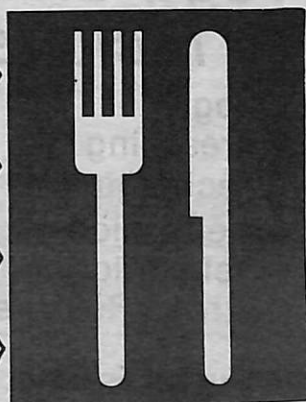
*Complete Luncheon Dinner
Specials For Under \$4.00*



(Special Prices For 60 And Over Only!)

Monday Thru Friday, 11:00 A.M. To 2:00 P.M.

These Specials May Include:



Roast Pork

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Roast Leg Of Lamb

Yankee Pot Roast

Turkey Dinner

Chicken Pot Pie

Baked Scrod

Beef Bourguignon

Beef Stew

Veal Parmesan Dinner

Baked Lasagna

And Much More

All Special Dinners Will Include:

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Church News



*Timeless Truth
For Today...*

by Roger Martin, Pastor
Agawam Church
Of The Bible
(786-7908)

Our 40 Degree Heat Wave

Answer me this question: Is 40 degrees a cold temperature or a warm one? The answer to that question may depend on when you ask it.

This weekend, forecasters are calling for a "balmy" 40 degrees and we're praying that they are right on this one! If it gets into the forties, you may even see some short sleeves. Why? Well, right now, 40 degrees feels pretty warm.

But it is a different story in September. Forecasters call for the temps overnight to dip to a "chilly" 40 degrees. We start breaking out the sweaters and jackets. Why? Because 40 degrees feels pretty cold.

Same temperature: 40 degrees. Different feelings. Why is that? Well, it's called conditioning. When you've been living in temperatures below zero, 40 degrees feels warm. When temperatures have hovered around 90 degrees, 40 degrees feels cold. How you feel about the temperature is based on the climate in which you find yourself.

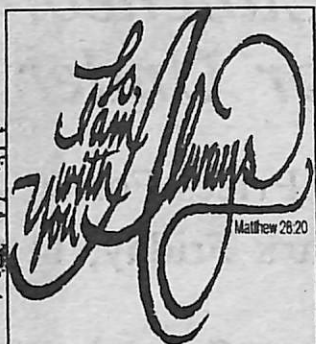
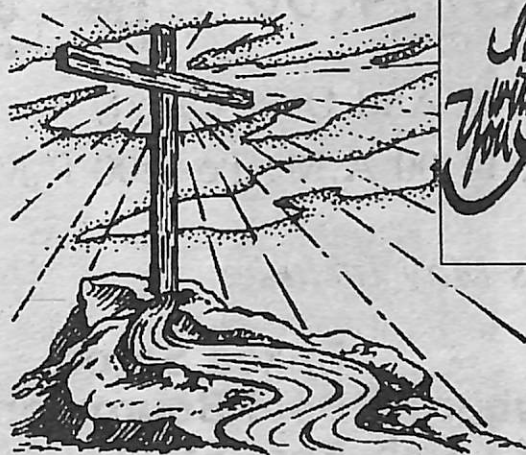
A similar thing happens in the arena of truth. How we respond to truth will be influenced by the "climate" in which we live. Let me give you a statement; you tell me if it is liberal or narrow. "Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on him." (The Bible, NIV)

In another time or culture, people would read that and express thanks that God has graciously offered forgiveness and eternal life. However, you are more likely to have viewed that statement as narrow.

Why? Well, your response is based on the conditioning of our culture. Truth today is measured more by the standard of tolerance than substance. We feel pressure about saying anything that may "offend" someone. Living in this cultural "climate," then, that Bible truth "feels" narrow.

The tragedy is that many are tempted to dismiss important truths like the one above because of how it "feels." Don't make the same mistake. Remember, the mercury remains at 40 degrees, regardless of how you feel about it. In the same way, truth remains the same regardless of how it makes you feel.

Share With Us Our LENTEN SCHEDULE



9:30 A.M. Sunday Services

March 6 - "Love With No Conditions", March 13 - "Christ Can Make Men Whole", March 20 - "Enough To Spare", March 27 - "The Frustrated Christ". Rev. Harold Martin, Interim Pastor

5:15 P.M. SPECIAL LENTEN SERVICES

Presented Feb. 27 and March 6, 13, 20, and 27 at 5:15 in Davis Hall. Soup and Beverage will be provided. Explore the way to Christ.

THE FIRST BAPTIST CHURCH

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"Hey, This Is Great Macaroni"



ST. JOHN'S CHURCH was the scene of a macaroni and meatball dinner on Thursday, February 10th. Above, the Siano brothers, Louis J. (left) and William Louis, IV (right) took no prisoners when gobbling down their dinners. (REST OF PHOTOS NEXT WEEK). Advertiser

News photo by Jack Devine.

Operation Friendship Plans Roast Beef Supper At Feeding Hills Congregational March 5th

Operation Friendship of America, a non-profit, youth cultural exchange program sponsored by the Feeding Hills Congregational Church, is having a roast beef supper on Saturday, March 5th, with continuous servings from 5:00 to 7:00 p.m. at the church (located at 21 North Westfield Street, Feeding Hills).

The menu includes juice, tossed salad, roast beef, mashed potato, gravy, vegetable, rolls and butter, beverage, and dessert. Donation is \$7 for

adults, \$3.75 for children, and free for youngsters under five years of age. A bake sale will also be held during the supper.

All proceeds from the supper will be used for the organization's youth to travel to Europe this summer. Reservations for the supper can be made by calling JoAnn Fisher at 786-0381.

If you reach an answering machine, please leave your name, the number of reservations, and your telephone number.

Best local news

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Church News - continued...**Ag. Congregational's Calendar Of Events**

The Agawam Congregational Church, 745 Main Street, Agawam, announces that this Sunday, February 20th, its Junior High Youth will present a special program highlighting the "Heifer Project." Come see, listen, and learn about people helping people with the Heifer Project, which begins this Sunday and continues through Sunday, March 20th (when all monies will be dedicated).

Also this Sunday is the church's Annual Friendship Potluck Supper from 5:00 to 7:00 p.m. Remember, A-L bring salads, and M-Z bring casseroles. Dessert will be "Make Your Own Sundae."

Entertainment will be provided by a ventriloquist. See you there!

There will be an all-church ski trip on Saturday, February 19th. The cost will be \$23 for the lift ticket and rental (\$8 more for lesson).

Call the church office ASAP at 786-7111 to sign-up. Everyone will be travelling in cars from the church parking lot.

A Lenten Bible Study is being held on Wednesday evening, February 23rd, beginning at 7:35 p.m. at the Agawam Congregational Church.

A challenging and inspiring book entitled "Passion for the Possible," by Rev. William Sloan Coffin, will be the focus for this Lenten program. Rev. Fuller will be leading this discussion group.

All are welcome to attend.

This is the last chance to come "sail" at the Agawam Congregational Church's February Vacation Bible Camp—"Pirates For Christ"—on Friday, February 25th, from 9:00 a.m. to 12:00 noon.

Children ages two through the fifth grade are welcome to attend. Call the church office at 786-7111 to register; cost is \$2 per child, or \$5 for a family of three or more.

The series "Our Sexuality—God's Good Gift," for seventh through ninth graders, continues on Thursday, March 3rd, at 7:30 p.m., with an additional session to follow on March 10th.

Rev. Fuller and Corinne Colman, Youth Director, are leading the discussions.

Agawam First Baptist Lenten Schedule

The First Baptist Church of Agawam, 760 Main Street, Agawam Center, is announcing its Lenten Schedule. The 9:30 a.m. Sunday morning sermon topics will include the following:

- * March 6th - "Love With No Conditions"
- * March 13th - "Christ Can Make Men Whole"
- * March 20th - "Enough To Spare"
- * March 27th - "The Frustrated Christ"

In addition, special Lenten services will be conducted at 5:15 p.m. on the following evenings. Soup and beverage will be provided, and the services will meet in Davis Hall:

- * February 27th - "The Way of Faith"
- * March 6th - "The Way of Self-Denial"
- * March 13th - "The Way of Love"
- * March 20th - "The Way of Service"
- * March 27th - "The Way of Life Everlasting"

Interim Pastor, Rev. Harold Martin, and your friends and neighbors at the First Baptist invite everyone to join them during this special time of the year. If you have any questions, please call 786-7300.

Hour Of Prayer, Song At Dominican Nuns

The monthly Hour of Prayer and Song for the families of the world will be held at the Dominican Nuns' Monastery Chapel on Sunday, February 20th, at 4:00 p.m.

The public is cordially invited to attend.

The service will include the singing of Evening Prayer and the recitation of the rosary, sermon, and Benediction.

Lenten Lecture Series Slated At St. John's

Father Richard F. Meehan, Pastor of St. John the Evangelist Church, 833 Main Street, Agawam, has announced that a Lenten lecture series entitled "Updating Your Catholic Faith" will be presented each Wednesday during Lent from 7:00 to 9:00 p.m. in the Parish Center. Father Richard A. Riendeau will be the guest speaker throughout the series, which begins on February 23rd.

Father Riendeau is a native of Springfield and a graduate of Cathedral High School. He prepared for the priesthood at St. Charles College in Maryland and the Grand Seminary in Montreal, Canada. He was ordained a priest for service in the Springfield diocese on June 15th, 1957 by the late Bishop Christopher J. Weldon.

He has served as Parochial Vicar at St. John's Church in Miller's Falls, Christ the King Church in Ludlow, and Blessed Sacrament Church in Holyoke. He has served on the teaching faculties of Cathedral High School in Springfield, Holyoke Catholic High School, and Fairfield University Preparatory School in Fairfield, CT.

He has also been Catholic Chaplain at the College of Our Lady of the Elms in Chicopee and at Springfield Technical Community College. Father Riendeau presently resides at St. Theresa's Church in South Hadley, where he is the Parochial Vicar.

The Lenten lecture series that Father Riendeau will present is free and open to the public.


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Spotlight On Business

Agawam Family Opens Southwick Pizzeria With Generation-Old Italian Recipe

by Cheryl Bruno
Advertiser News Feature Writer

Southwick: A rich family tradition is proudly continuing inside Southwick's newest restaurant, "My Father's Pizza." Luigi Amato, a native of Naples, Italy, was a self-taught chef who developed a "secret" pizza crust recipe and introduced it to folks in the Six Corners area of Springfield.

At the Six Corners Cafe & Pizza, Amato achieved fame for his pizzas, which were number one in Springfield during World War II when people called pizzas "tomato pies."

Luigi started out small, then expanded when his pizzas caught on. In 1949, he moved from Six Corners to West Springfield, where he operated "Luigi's Blue Gratto" until 1963. On Christmas Eve of 1993, Luigi Amato's son, Joe, opened "My Father's Pizza" at 648 College Highway, Southwick in Westview Plaza (next to Aviva). He and his family are continuing the Amato tradition of fresh, quality pizzas.

"We want our family name and my dad's name associated with only a quality product," Joe Amato told us, "which is why we've stuck with the old secret crust recipe for 'My Father's Pizza,' and top it with our homemade family recipe for my mother's sauce."

Different From Any Other

Joe told us the crust can be made either thick or thin, and is different from any in this area. "You really have to taste it to experience the great flavor. Our pizza doesn't sit heavy on the stomach or give you aggrinal (heartburn)," added Joe Amato.



JOSEPH AMATO (left), owner of "My Father's Pizza," and his son, Stephen. The pizzeria opened in Southwick on Christmas Eve, 1993; after years of trying various pizzas at a multitude of eating establishments, Stephen still feels that his dad's pizza is the best, and he is glad that the public will now have the opportunity to sample it for themselves. Advertiser News photo

by Joan Lussier.

Joe is a retired school teacher who listened to seven years of prodding from his son, Steve, before opening "My Father's Pizza." Steve, now 24, used to go out with friends, try various pizzas, and come home and tell his dad, "You ought to make your great homemade pizzas for the public. Let everyone know what a real pizza tastes like."

Steve, his father, Joe Amato, and mother, Janet, are now open for business in Southwick. The brick oven baked pizzas come in cheese or combination, with up to seven different fresh toppings. You can get an eight-slice small pizza or a 32-slice party-size, in addition to several sizes in between.

"My Father's Pizza" offers an appetizing menu which includes calzones (meat or veggie) for \$4.75 and cold or hot oven grinders in eight-inch and 12-inch sizes, or a large 16-inch for the hearty appetite. Their steak grinders are real steak of high quality, not the thin shaved type.

In addition to pizza, Southwick's newest eatery offers a menu of tempting Italian fare, such as a variety of pasta dishes, fresh veal or chicken parmigiana (not patties), all served with fresh tossed salad and fresh, crusty rolls. Quality, extra lean, top grade meats go into their sauces, and wherever possible, fresh ingredients are used in each preparation.

Children's Menu, Soups, & Desserts Offered
"My Father's Pizza" also offers a five-item children's menu (all priced at \$3.50) and highchairs and booster seats. The open, airy restaurant has five candlelit tables and four green

leather booths, and offers a non-smoking section. The large atrium windows, white walls, and oak trim make for a very comfortable atmosphere. Homemade soups and delectable homemade desserts, lovingly created by Janet Amato, round out the delicious fare at "My Father's Pizza."

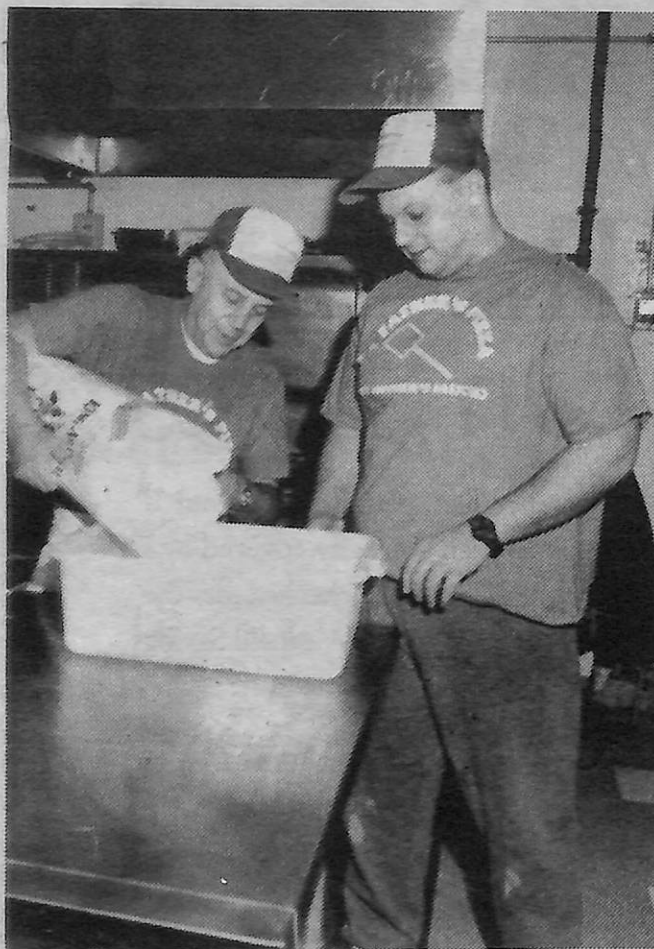
In addition to Luigi Amato's "secret" recipe pizza crust, free home delivery within a certain radius also makes the restaurant unique.

We enjoyed chatting with Joe Amato and admired his obvious pride in his father's recipe, his father's hard work, his Italian roots, and his obvious pride in his loving family. The warm and friendly faces and atmosphere at "My Father's Pizza," along with tantalizing aromas from their kitchen, welcome each and every patron.

"It's nice to be here in Southwick," the Amatos told us, "and the community response has been great."

Stop by "My Father's Pizza," 648 College Highway, Westview Plaza, or call ahead for delivery at 569-9020. The restaurant is open on Sundays from 3:00 to 9:00 p.m., Monday from 11:00 a.m. to 9:00 p.m., on Tuesdays for lunch from 11:00 a.m. to 2:00 p.m., and on Wednesdays through Saturdays from 11:00 a.m. to 10:00 p.m.

Buon Appetito!



JOSEPH AMATO (left) and Stephen Amato begin the process of making one of the delicious pizzas. Advertiser News photo by Joan Lussier.



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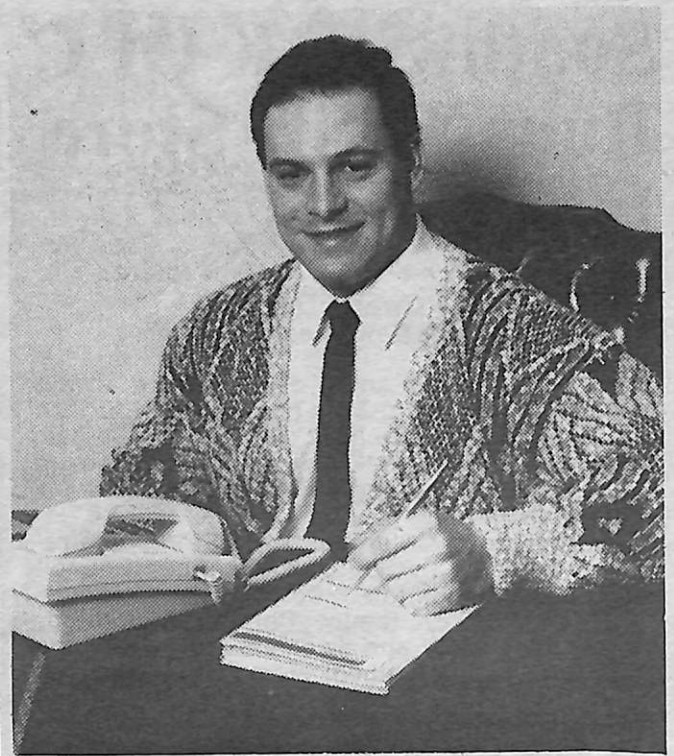


Spotlight On Business - continued...

Welcome To "My Father's Pizza"



MY FATHER'S PIZZA is located on College Highway Southwick (towards Westfield) and is owned by the Amato Family of Agawam. RELATED PICTURES AND STORY ON PREVIOUS PAGE. Advertiser News photos by Joan Lussier.



BARRY BOCCASILE

Barry Boccasile Named Molta Real Estate's "Agent Of The Year"

Barry Boccasile, manager of the Agawam office of Molta Real Estate, has been named Molta's "Agent of the Year" for 1993.

A lifelong resident of Agawam and a graduate of Agawam High School, Boccasile attended Berklee College of Music in Boston; as a musician, he traveled worldwide between 1978 and 1982.

In contrast, from 1984 to 1987, Boccasile gradually climbed the bodybuilding ladder while competing for state, regional, and national titles (including the 1987 Mr. America in Atlantic City, New Jersey).

Quite a diverse life, so far, for this Molta Real Estate manager who has been with Molta from its start in Southwick in 1988, when the Molta team consisted of only three agents.

Since becoming the manager of the Agawam Molta office, Boccasile has consistently been a multi-million dollar producer. The year 1993 was his personal best, as he was the company's top seller with well over \$3 million in sales volume.

With an in-depth knowledge of real estate marketing, Boccasile is extremely able to serve both sellers and buyers, but truly caring for people is the foundation for his success.

Boccasile can be reached at Molta Real Estate, 789-9890 or 786-3518.

Don't
Short-change
Your Family



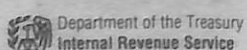
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- ✓ Had a child living with you for more than half the year in the United States.

Don't wait until next year to get money!! In 1994—if you make under \$23,760, and have at least one child, you may be able to get extra money in each paycheck. Ask your employer about getting the Advance EIC.

For more information call the Internal Revenue Service at 1-800-829-1040.

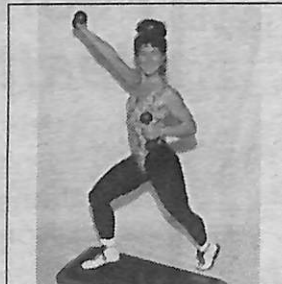


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Spotlight On Business - continued...

Southwick K Of C Runs Thrift Store In Agawam

by Cheryl Bruno
Advertiser News Feature Writer

Today's informed smart shoppers are always looking for a bargain. They need look no further: the search is over. We have discovered a bargain shopper's paradise tucked away in the basement of the Belmont Laundry, 65 Mill Street, Agawam, in the small plaza.

The Knights of Columbus Thrift Store, organized and operated by Southwick Fr. Shea Council No. 11178, is chock full of bargains for the home and for the entire family. Children's clothing, warm winter coats and sweaters (many with the original tags still attached), stereo equipment, furniture, appliances, and home decor are bargain priced for quick sale.

"We even have an antique Hammond organ for sale," said Thrift Store manager Kenneth Stark, "which was donated by our K of C Council chaplain, Fr. James Menge."

Provides Assistance Other Than At Holiday Time

The concept of opening a Thrift Store came about through a brainstorming session during a Council 11178 meeting, and through the desire of the Southwick Knights to help the needy. "The Knights of Columbus always help families at Thanksgiving and Christmas with meals," said Ken Stark, "but we don't forget about the needy when the holidays are over."

Stark added, "Unfortunately for many families, they have to make a choice of paying the rent or buying food. All of the money we raise here at our Thrift Store will be used to purchase food and grocery items for needy families." The Knights of Columbus, a charitable organization, also collect canned goods and assist fire or disaster victims.

"I just can't say enough about the goodness of people," Stark told us. "Everyone knows there's a definite need out there, and they are right here, ready to assist. There's a lot of good people out there."

We heard about Gerald Audette, Inside Guard for Council 11178, who donated items to sell in the Thrift Store, his time, his truck to move items. "He is always available and can be called on day or night," said Ken Stark.

Many others were supportive and instrumental in getting the doors of the Knights of Columbus Thrift Store opened and its shelves stocked, including Fr. James P. Menge, Dick Smith, Clem Tynan (the Agawam K of C Grand Knight), and also Lew Campagnari, Southwick's Fr. Shea Council 11178 Grand Knight. Whenever and wherever there is a need, the Knights of Columbus respond quickly with open hearts and arms.

Pick Up Available

The area's newest spot for bargain hunters carries a very nice line of merchandise, no junk. Anyone getting a jump on their spring cleaning or having usable items to donate to the K of C Thrift Store can stop by 65 Mill Street, or call 786-0413 (the store) or Kenneth Stark at 562-5931. Heavy items will be picked up by truck.

Shopping at the Knights of Columbus Thrift Store will offer bargain hunters quality merchandise at extremely reasonable prices, and will also help a family less fortunate than yourselves.

The Thrift Store opened in mid-January and will be open Monday through Friday from 10:00 a.m. to 4:30 p.m., and on Saturdays from 10:00 a.m. to 3:00 p.m.

Used clothing, new items, books, furniture and appliances, or even an antique Hammond organ - you can find it all on 65 Mill Street in the basement of Belmont Laundry at the Our Lady of the Lake Father Shea Council 11178 Knights of Columbus Thrift Store.

Stop by and browse. A friendly Knight will be on hand to assist you.

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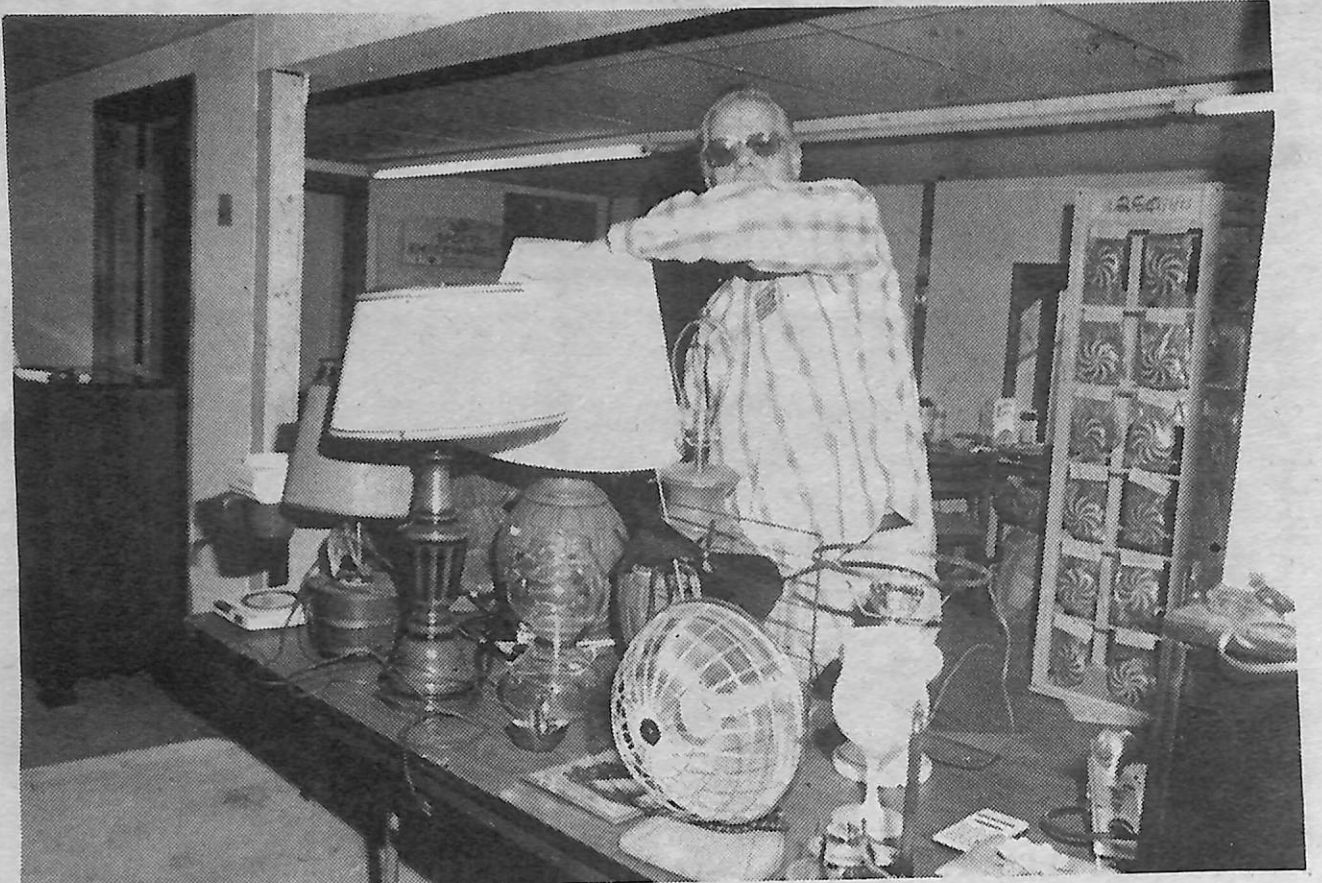


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Stanley Falkowski



KEN STARK (above), the manager of the newly-opened Knights of Columbus Thrift Store, does some repair work on a lamp. The store, which is located at 65 Mill Street in Agawam, is owned and operated by Southwick's Father Shea Council (No. 11178) of the K of C. Advertiser News photo by Joan Lussier.



best
local
news

Did You Forget? February Is Children's Health Month

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Spotlight On Business - continued...**Century 21**by
John Schuler
realtor**Newschu Real Estate, Inc.**
20 Southwick Street, Feeding Hills**Make Your Home
Environmentally Friendly**

For many homeowners, "upgrading" means investing in a new coat of paint to increase "curb appeal" or making cosmetic enhancements to the home's interior. Homeowners would be wise, however, to pay attention to another factor of investing concern to potential homebuyers: the environmental soundness of a home.

Following are a few suggestions for improving the environment both inside and outside your home. While some changes may seem to require expensive repairs or equipment purchases, such up-front costs should be balanced against the benefit of the everyday savings realized from the improvements.

Homes that have not been environmentally "proofed" can cost owners hundreds, if not thousands, of dollars over time. In addition, the ultimate cost of many of these initial improvements can be lessened by special tax credits and utility rebates enacted to encourage such action.

If you are currently planning to remodel, renovate, or prepare your home for resale, this is an ideal time to environmentally "upgrade" your property. A few simple changes will make your residence more comfortable for your family and better for the environment. They will also increase your home's attractiveness to potential buyers when it's time to sell.

Energy audit — In most communities, the local utilities will be happy to provide you with a standard energy audit for little or no cost. An expert will inspect your home, then provide you with a list of common energy-wasters and environmental offenders. The typical energy audit will also assess the efficiency of your heating and cooling systems, insulation, joints, window frames, and water usage.

Insulation — Proper insulation can reduce monthly heating and cooling cost by up to 30 percent. With the various insulation products now widely available, you can easily upgrade your insulation system without major disruption to your household. When reassessing your insulation needs, don't forget to include your pipes, ductwork and water heaters.

Heating and cooling — The advent of sophisticated new heating and air conditioning technologies has resulted in the availability of affordable units that are vastly more efficient than their predecessors.

Solar heat can also provide substantial cost savings if installed under proper conditions. If your system is more than 10 years-old, a consultation with a heating/air conditioning expert is probably in order to determine whether solar heating is right for your home.

An expert can assess whether your home design and roof style will accommodate a solar panel. They can also evaluate the feasibility and cost effectiveness of solar heat based on your home's location.

Water use — America's water usage is being forecasted to double between the years 1980 and 2000. Even if you live in a community that does not typically suffer from water shortage, it doesn't pay to waste this precious commodity. Most people are aware of changes that can be made in daily usage habits to save water; however, other factors that can often drain our water supply are less obvious. For example, a faucet that leaks one drop per second wastes an astonishing 2,400 gallons in one year.

An easy way to check for a leak is to record the reading on your water meter at night, after the day's water use has ended, and then take a second reading in the morning before turning on any faucets, showering, or using the toilet. An increased morning reading usually indicates the presence of a leak in your system. If the leak cannot be easily spotted, a phone call to your local plumber will be worth the initial expense.

Whether you are sprucing up your home to attract buyers, looking for ways to cut down on your energy bills, or just trying to do your part to take care of the world we share, improving your home's impact on the environment is truly an investment that will have a high return in the years to come.

**Molta Real Estate Shows Steady Growth
As Figures Reviewed For 1993**

"The year 1993 was a year of tremendous growth for Molta Real Estate," said president Robert Molta, who sees the rapidly-expanding agency gaining momentum as it competes with the larger area firms.

Molta said his company showed a 150% increase in gross sales revenue over the past year. Two managers who've led the way for the company are Barry Boccasile, manager of the Agawam office, and Peg Lis, manager of the Southwick office.

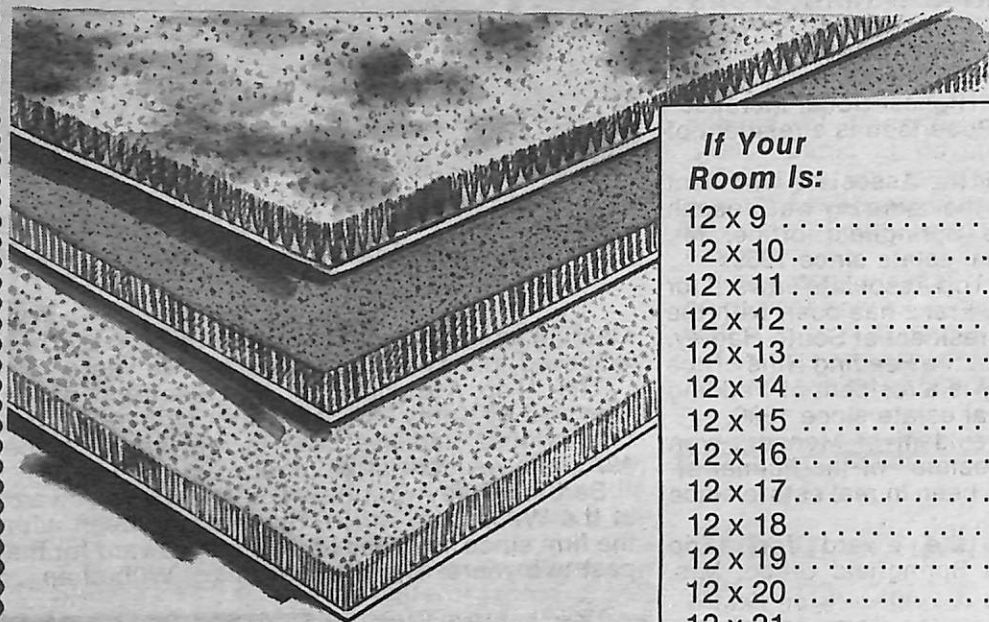
Both Boccasile and Lis were multi-million dollar producers in 1993, along with several other Molta agents who hit the \$1 million sales figure. The Westfield office, which opened in February 1993, has been doing much better than an-

ticipated.

Now with 25 agents, Molta Real Estate, Inc., is ranked as one of the larger firms in the Greater Springfield area.

"Agawam, Southwick, and Westfield is a nice triangle effect enabling us to better service these areas," Molta said of the agency's three offices. "Our agents are recognized for service and going the extra distance to accommodate buyers and sellers."

Although he foresees strong growth potential for the six year-old company in the future, Molta said, "We are in no rush. Slow, steady, and quality growth is our motto. Watch for Molta Real Estate!"

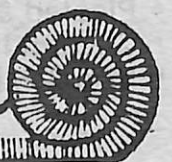
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Lavender Plus (13.6 wide)	\$7.99 sq. yd.
Rose - Home Court, Dupont Stainmaster	\$8.99 sq. yd.
Beige - Dupont Stainmaster	\$8.99 sq. yd.
Black - MS 220	\$7.99 sq. yd.
Green - MS 220	\$7.99 sq. yd.
Red - MS 220	\$7.99 sq. yd.
Brown - Notable (sculpture)	\$6.99 sq. yd.
Northern Lights - Driftwood	\$7.99 sq. yd.
Northern Lights - Blush	\$7.99 sq. yd.
Northern Lights - Grey	\$7.99 sq. yd.

Volunteer - base - Wintergreen	\$4.99 sq. yd.
Volunteer 20 z - Baja Blue	\$5.99 sq. yd.
Volunteer - base - Cattail	\$4.99 sq. yd.
Volunteer 20 - Chinchilla	\$5.99 sq. yd.
Volunteer 20 - Warm Blue	\$5.99 sq. yd.
Volunteer 20 - Flannel	\$5.99 sq. yd.
Volunteer 20 - Mountain Rose	\$5.99 sq. yd.
Volunteer 20 - Wintergreen	\$5.99 sq. yd.
Volunteer 20 - Indian Summer	\$5.99 sq. yd.
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Spotlight On Business - continued...**Landry, Lyons, Whyte
Announces Awards
For Top '93 Agents**

Laurence D. Landry, President of LANDRY, LYONS & WHYTE Company/Better Homes and Gardens, announced the winners of the firm's top Sales Awards for 1993 at a recent breakfast held at Chez Josef.

Denise DeSellier won the award for "Associate of the Year" for the highest commissions earned in the company for the second consecutive year. Denise was also presented with the award for the agent in the company who closed the highest dollar volume in 1993. In addition, she won the award as "Top Associate" in the Longmeadow office. Mrs. DeSellier, who has been with the firm for over six years, is a resident of Longmeadow.

Roger Trombly obtained the award for the Associate who closed the "Most Transactions" in 1993. He also won the award as "Top Associate" of the Springfield office. Mr. Trombly has been associated with the company since 1983.

Also winning awards at the breakfast were Eileen Thomas, who won the award for "Rookie of the Year." Ms. Thomas joined LANDRY, LYONS & WHYTE Co. in 1992.

Michelle Robertson of the firm's Longmeadow office won the distinction of the agent in the company who achieved the "Highest Dollar Increase" from 1992 to 1993. Ms. Robertson is a resident of Springfield.

Winning the award for the Associate who sent out the most referrals in the company was Joseph Coughlin of the firm's Springfield office. Mr. Coughlin has been in real estate since 1989.

Kathy Franz won the "Top Associate" award for the Chicopee office. Mr. Franz has been with the firm since 1986 and is a resident of South Hadley.

The "Top Associate" in the Feeding Hills office was Judith Govoni. Judy is a resident of Feeding Hills and has been in real estate since 1990.

Cathy Mushenko, a resident of Monson, won the award for "Top Associate" of the Palmer office. Mrs. Mushenko has been in real estate since 1986.

Judy Gearing won the award for "Top Associate" in the West Springfield office. Mrs.



SALES AWARDS to the top agents at Landry, Lyons, and Whyte Company were handed out at a recent breakfast meeting held at Chez Josef in Agawam.

Gearing has been with the firm since 1980 and has achieved this award for the past three years.

The "Top Associate" in the Westfield office was won by Kathy Mochak. Kathy, who joined the firm in 1992 and has been in real estate since 1976, is a resident of Woronoco.

Barbara Foley won the "Top Associate" award in the Wilbraham office. Barbara has been with the firm since 1975 and has won this award for the past two years. She is a resident of Wilbraham.

LANDRY, LYONS & WHYTE Co./Better Homes and Gardens is the largest real estate firm in the Pioneer Valley and has over 200 salespeople and 10 offices with locations in Chicopee, Feeding Hills, Sixteen Acres, Springfield, Longmeadow, Palmer, West Springfield, Westfield, and Wilbraham.

For further information, please contact Laurence D. Landry at (413) 785-1881.

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Saturday, May 21st
\$26.00 p.p.

BOSTON FLOWER SHOW/QUINCY MARKET
Saturday, March 5th, \$26.00 p.p.
Wednesday, March 9th, \$26.00 p.p.

RED SOX VS. NEW YORK YANKEES IN NEW YORK
Overnight At Days Hotel
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\$105.00 p.p. dbl. one game
\$120.00 p.p. dbl. two games




For Your Health

Managing YOUR STRESS

by Dr. Stephen Sobel
M.S., S.M.C.



A Sense Of Relief-Stress All Around!

by Dr. Steve Sobel

Scenario: I was flying into Washington D.C. National Airport on Tuesday, February 8th from a conference I was speaking at. As we touched down at 4:00 p.m. (and hoping at that point to make the 5:00 p.m. connection to Bradley Airport), we taxied to a distant part of the airport and the captain of the plane said we would have to wait for a gate to move into to unload, due to all the chaos created by the storm and the fact that this particular airport is one of the busiest in the entire Northeast.

I then looked out of the window to see another jet landing. What happened next was that I saw about 20 large emergency vehicles headed to the end of the runway where the jet landed—they went off the runway!

The airport was completely shut down, thousands of people stranded, and complete madness and high stress levels extremely apparent. (By the way, everyone was o.k. in the jet that went off the runway). National Airport completely shut down...

COMMENT: Why do I cite this true story? Because life will throw UM's (unpredictable monkeywrenches) into the best plans! Individuals need to find ways to BELIEVE that they can cope when life "hits you on the blind side."

I saw many people panic, and some stay calm and collected. What would you have done? Create extraordinary levels of stress for yourself OR would you be able to ACCEPT what you cannot change at that moment?

First, believe that you are capable of coping in a new situation, and then you greatly increase your chances of taking control of the situation, rather than the feeling of the situation controlling you! Easier said than done...

IMPORTANT INFO FOR AAN READERS:

TUESDAY, APRIL 5TH at the MOSES Auditorium on the grounds of The Big E, Dr. Sobel is offering two seminars open to the public. CALL 785-1259 for full info and registration form.

Seminar number one: "Prescription For Success, Happiness and Humor-How To Create A Powerful and Joyous Life."

Seminar number two: "Raising Positive and Resilient Children in a Negative World."

Cost is \$10 per person per seminar, \$15 if you attend both!

GETTING IT RIGHT! A full day program, "PROLIFIC CUSTOMER SERVICE-GETTING IT RIGHT!" Call 785-1259. Many local companies and groups attended this great program on January 25th, held at the Ramada Inn in West Springfield.

APRIL 2nd - Saturday, from 10:00 to 11:30 a.m., "Creating High Self-Esteem and Empowerment For Children Ages nine through 13. Cost is \$10 per child. Call for full program description.

Stroke Support Group At Mercy Hospital

The Weldon Center for Rehabilitation at Mercy Hospital will be sponsoring its monthly Stroke Support Group on Monday, February 28th from 7:00 to 9:00 p.m., in the O'Hara Room of the Deliso Conference Center at the hospital.

All individuals who have had a stroke, as well as their family members, are invited to attend. The group is open to the public as a community service and there is no charge.

For more information, call 748-6800.

American Cancer Soc. To Present Program At Providence Hosp.

Providence Hospital and the American Cancer Society are co-sponsoring a presentation on "Dealing with Cancer recurrences" on Monday, February 28th, at 7:00 p.m. in the Providence Hospital Auditorium.

Through this interactive program, guest speaker Margaret Gosselin, M.P.S., Ed.D., founder and director of The Cancer Counseling Center of Amherst, will identify relaxation techniques beneficial to the cancer patient. Through imagery and relaxation training, patients will learn to overcome the anxiety created through the constant fear of a recurrence. Gosselin will also address ways to develop a better support system as well as look at where cancer sits in your life and how to move it from the forefront into the background.

Gosselin, a cancer survivor, specializes in health psychology, cancer counseling, and relaxation training. Gosselin has worked as a psychology intern and facilitator of the Cancer Support Group as well as the coordinator for the cancer counseling program in the Oncology Department at Franklin Memorial Hospital in Greenfield.

This program is free and open to the public. For more information, please contact Sr. Madeleine Joy, S.P., at 536-5111.

Cholesterol Screening At Mercy Hospital During Heart Month

February is "National Heart Month," and the Department of Education at Mercy Hospital is offering a cholesterol screening on Thursday, February 24th, from 8:00 to 10:00 a.m. in the Memorial House Auditorium at the hospital to encourage heart disease prevention.

"You can be a partner in your own healthcare by becoming aware of your cholesterol profile, of the risk factors involved with heart disease, and by knowing if cardiovascular disease runs in your family," advises Patient Educator, Mim Sheehan, RN, MSN, CET, CDE. "With this information, you can make better use of your next doctor's visit."

As a resource for cholesterol profiles, Mercy Hospital offers a monthly cholesterol screening the last Thursday of each month from 8:00 to 10:00 a.m. Fasting, with the exception of drinking water, for 12 hours prior to the screening is recommended.

A \$10 donation is requested.

Stoma Clinic Slated At Noble Hospital Twice A Week

To provide medical and personal counseling for those who face a colostomy, ileostomy, or urostomy, a stoma clinic will be offered at Noble Hospital.

A stoma is the end of the ureter, ileum, or colon which can be seen coming through the skin as a result of a surgical ostomy procedure. An ostomy is surgery that makes an artificial opening for eliminating body waste into a bag worn on the abdomen.

The clinic will provide pre-operative and post-operative care concerning updated equipment, information, and refitting of appliances. It will also help to solve skin problems associated with appliances.

Carol Longo, an enterostomal therapist, will run the stoma clinic at Noble Hospital. Ms. Longo is a graduate of the Harrisburg (PA) Hospital School of Nursing where she completed a program in enterostomal therapy and received certification from the International Association of Enterostomal Therapists. She is also an actively involved member of the Ostomy Association of Greater Springfield, a non-profit organization designed for mutual aid.

Ms. Longo, who has had an ileostomy, recently headed the Department of Stoma Therapy and Stoma Clinic at Baystate Medical Center. For eight years, she ran the first stoma clinic in the area at Providence Hospital. Currently, she is in private practice and a consultant to area hospitals.

The stoma clinic at Noble will be offered by appointment only every Tuesday and Thursday from 8:30 a.m. to 4:00 p.m.

To make an appointment, call Same Day Care at Noble Hospital at 568-2811, ext. 479.

When mailing classified ads to our office (P.O. Box 263, Feeding Hills, MA 01030), please make sure that you write "Attention: Classifieds" on the outside envelope.

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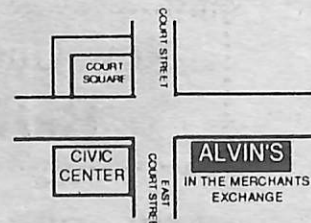
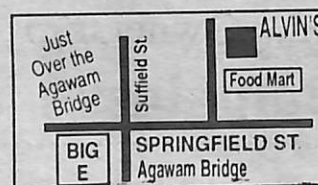
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For Your Health - continued...**“Heart Smart Vegetarian Dinner” To Be Held At Noble**

Noble Hospital will offer a special “Heart Smart Vegetarian Dinner” on Wednesday, February 23rd, at 5:00 p.m. in hospital Auditorium A. Dinner will be served promptly at 5:00 p.m.

Carmela Kirk, R.N., Noble’s Director of Cardiac Rehabilitation, and Anna Doyle, Registered Dietitian at Noble Hospital, will lecture about the benefits regarding a vegetarian lifestyle.

The menu includes lentil soup, multi-bean casserole, country vegetables, lasagna rolls, and pumpkin pie. Various beverages will be served.

The program is sponsored by Cardiac Rehabilitation and Food and Nutrition Services. The dinner is designed to help people reduce fat and cholesterol levels.

The program is \$10 per person. Pre-registration is necessary and must be received by February 15th. Mail registration fee to: Noble Hospital, Carmela Kirk, R.N., Cardiac Rehabilitation, P.O. Box 1634, Westfield, MA 01086.

For further information about the “Heart Smart Vegetarian Dinner,” call Carmela Kirk, R.N., at 568-2811, extension 229.

NE Stress Institute Can Help With Raising Your Self-Esteem

The New England Institute For Stress and Life Management will be offering the four-session program “Creating High Self-Esteem and Unlimited Success.” The program is led by Dr. Steve Sobel and will be held from 6:30 to 8:30 p.m. on the following Sunday evenings—February 27th, March 6th, March 13th, and March 20th—at Sobel’s offices located at 425 Union Street in West Springfield.

The group enrolls no more than eight success-minded adults who wish to be able to set meaningful goals and deal with the changes in their lives, both in their home and career life.

Fee is \$150 per person. Call 785-1259 for full details and registration form. All materials included with fee.

**Food for Thought**

by Nancy Dell
Registered Dietician

Have A Headache? Look At Your Diet

We get many kinds of headaches—tension, migraine, sinus—for many different reasons ... stress, muscle tension, illness, and even food. Migraines are most likely to be triggered by food.

If you suffer from migraines, keep a food and headache record to see if one food seems to bring on the pain. Here are some common culprits:

Say Cheese

A part of protein called tyramine causes blood vessels in the brain to constrict and others to dilate, resulting in a headache. You’ll find tyramine in bananas, avocados, beer, fava beans, chicken liver, cheese, and red wine (especially chianti).

Chocolate contains a similar compound called phenylethylamine that may also lead to headaches.

Alcohol also dilates blood vessels with similar consequences. In addition, a by-product of fermentation called congeners can lead to a pounding head for people who are sensitive to it.

Food Additives

Monosodium glutamate, or MSG, is often thought of as a common cause of headaches. However, scientific studies fail to prove it. So, listen to your body and avoid MSG if you think you’re sensitive to it. The artificial sweetener known as Nutrasweet or aspartame follows a similar path. While science can not prove it causes headaches, many people claim it does.

Sodium nitrite is known for its link to cancer, but it’s also linked to headaches. To avoid it, stay away from hot dogs, cold cuts, bacon, and smoked foods.

Caffeine Withdrawal

If your head aches more on weekends when you drink less coffee, you may suffer from caffeine withdrawal. The American Dietetic Association recommends 200 mg of caffeine a day. That translates to one cup of drip coffee or three cups of tea a day. Don’t abruptly cut the amount of caffeine you drink. Gradually eliminate a few ounces a day to avoid caffeine-withdrawal headaches.

Check the Time & Temperature

Going for a long time without eating can cause your blood sugar to drop and your head to ache. Be sure to eat three to six mini meals a day to keep your blood sugar level even.

If you’ve ever chugged a cold drink too fast, you know the pain it can cause. Very cold foods like ice cream, or alternating between cold and hot foods, can induce headaches. So eat slowly, or let foods cool off or warm up before you take your first bite.

“How To Cope With Arthritis” To Be Discussed At Ag. Library

The Agawam Public Library in conjunction with the Senior Class of Baystate Medical Center will present a program entitled “How To Cope With Arthritis” to be presented in the Community Room of the library on Monday, February 28th at 9:00 a.m.

This discussion will be presented by Donna Roberts, P.T.A. of Baystate Medical Center and will include methods and strategies for managing

arthritis.

If you would like additional information about this program, please call the Senior Class at Baystate Medical Center at 784-5200.

If you are interested in attending this free program, please call either the Senior Class at 784-5200 or the Agawam Public Library at 789-1550.

PLEASE REMEMBER our deadline is every Tuesday at noontime. We do appreciate those who bring in their copy/ads on either Friday or Monday. We will be open on Washington’s Birthday for business. We open weekdays at 6:30 a.m.

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Arts

Suffield Players To Hold Performance For The Hearing Impaired

Suffield: The Friday, February 25th performance of the Suffield Players' audience-participation courtroom drama, *"The Final Trial of Richard III,"* will be sign-interpreted for the deaf and hard of hearing.

Kat Lovell and Donna Gomme, final-year students at Northwestern Connecticut Community Technical College, will "sign interpret" the performance as part of their field work practicum. The two will attend several rehearsals of the taut drama to review the fast-moving plot, and to decide how to best represent the various characters.

Lovell, who intends to pursue a career doing artistic interpreting in theatre, and Gomme, who currently works with deaf adults, are excited about the opportunity to take on the challenge of signing a live performance.

The Suffield Players' show runs February 17th, 18th, 19th, 25th, 26th, and March 4th and 5th, at Mapleton Hall in Suffield. All shows begin at 8:00 p.m.; tickets are available by calling 1-800-289-6148.

Basketry Workshop To Be Held Feb. 26th By Patricia B. Gross

Agawam Community Artist and educator Patricia Bertone-Gross will be teaching a workshop in basketry, Saturday, February 26th at the Captain Leonard House on Main Street in Agawam from 10:00 a.m. to 4:00 p.m.

Ms. Bertone-Gross is a teacher at the Agawam High School and has been involved in basketry for nine years.

A member of the Northeast Basketmakers' Guild, Ms. Bertone-Gross has given basketry classes at the Home Information Center in East Longmeadow, the Hampden County 4-H Club, Storowton in West Springfield, and the Saltbox Crafters and Farmington Valley Arts Center in Connecticut.

Ms. Bertone-Gross has been teaching basketry classes at the Agawam High School Adult Education from 1989-1993.

Persons interested in participating in this workshop should contact Ms. Bertone-Gross by February 15th at 789-0379 (evenings).

The cost for the workshop is \$15 for A.C.A. members and \$20 for non-members. Supplies are extra.

There will be a lunch break. Participants are encouraged to bring a lunch.

This workshop is made possible by monies from the Agawam Community Artists and a partial grant from the Agawam Cultural Council.



THE ACTION HEATS UP as tempers flare in the Suffield Players' audience-participation courtroom drama *"The Final Trial of Richard III,"* which runs at Mapleton Hall in Suffield on February 17th, 18th, 19th, 25th, 26th, and March 4th and 5th. Tickets are available by calling 1-800-289-6148. photo by Norm Roy.

Weekend Comedy Set By Agawam Repertory Theatre

"Weekend Comedy," Agawam Repertory Theatre's (ART) latest production, opens this Friday, February 18th, at 8:00 p.m. at the Agawam Senior Center, located at 68 Meadowbrook Manor, Agawam. Additional 8:00 p.m. performances are slated for Saturday, February 19th, and Friday, February 25th; in addition, a matinee has been scheduled for Saturday, February 26th.

A wonderful, multi-generational show, *"Weekend Comedy"* is an unsentimental, tongue-in-cheek comedy that takes place in a remote

vacation cabin wherein two couples unexpectedly encounter each other (thanks to a reservation foul-up).

The cast members for this production are Donna Claxton, Cil Long, Paul MacDonald, and Michael Serafin. Making her directorial debut with this show is Kathleen Grady.

Tickets for ART's *"Weekend Comedy"* are \$5 for general admission, and \$4 for senior citizens. For reservations and ticket information, call Bob Lawson at 567-6240 or 567-0467.

Storowton Museum Slates Performances Of "Johnny Appleseed" For Friday, Feb. 18th

Storowton Village Museum will continue its entertaining evenings of historic presentations on Friday, February 18th, with a performance titled *"Johnny Appleseed"* at 7:00 p.m.

Dandy Bro of Huntington, MA, will appear in a first-person character presentation as *"Johnny Appleseed,"* as she imparts the legends and

truths about this Bay State native's life. The event will take place in the Storowton Village Meeting House, which is located on the grounds of the Eastern States Exposition.

The cost is \$3 per person for the performance, and reservations may be made by calling (413) 787-0136. Tickets will also be available at the door.

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Looking Back...

Compiled and edited by
David C. Gallano

FEBRUARY 1973

FEBRUARY 20th - TOWN LOSES BID TO KEEP FAUCETTE CASE FROM COURT

A Supreme Court Judge has denied a writ of prohibition in Agawam's attempt to keep Councilman Joseph M. Faucette from assuming his council seat.

The Court overturned an attempt to keep the case out of Massachusetts courts. The petition, filed by town Clerk Edward A. Caba, maintained that Probate Court, and all courts of the Commonwealth, had no jurisdiction in the case.

Faucette's case is now pending in Superior Court, and the Supreme Court decision should have considerable bearing on that case, Attorney Curran said.

According to Attorney Curran, the Faucette case could face further litigation, but based on this decision, the Supreme Court felt Faucette would prevail.

FEBRUARY 21st - BUSINESSES DESTROYED BY FIRE

Fire ripped through a boutique on Springfield Street late last night following an explosion that blew out the windows, officials said.

Fire Chief Harry Schneider said the fire was probably started by electrical malfunction. Russell Jenks, town Fire Inspector, was investigating, but Schneider said he didn't know if the state fire marshal's office would be called in.

The boutique was one of three sections in the concrete block owned by Agawam contractor Frank Solitario. The building was destroyed.

FEBRUARY 22nd - COUNCIL CONFIRMS TWO LIQUOR COMMISSIONERS

The Town Council has confirmed John Shea and Henry L. McGowan to the Liquor License Commission. One more person will be appointed to the board by Town Manager James Westman.

Councilmen Joseph Faucette, Frederick Nardi, and Joseph Lovotti said they felt they did not have the information needed to act on confirmation.

Shea was confirmed for a six year term with only one dissenting vote cast by Faucette. McGowan was confirmed for a four year term on a 10-4 vote with Faucette, Lovotti, Nardi, and Councilman Kenneth Barnes dissenting.

FEBRUARY 22nd - CASH ASKED FOR PLANNER IN AGAWAM

Town Manager James Westman today disclosed he will seek funds from the Town Council to hire a planning consultant. The job of the consultant would be to prepare a new master plan for the town. The town manager's budget for the coming year will include a \$25,000 expenditure to hire the consultant.

Westman said that in addition to preparing a land-use plan, the planning consultant would be expected to prepare a new zoning ordinance, new subdivision regulations, and procedures such as site plan control.

FEBRUARY 23rd - PLANNING UNIT TRIO QUITTING AS WANTED

Three of the five members of the Planning Board have submitted their resignations as requested by Town Manager James D. Westman.

Charles Calabrese, John Burns, and Paul Fieldstad have submitted resignations, and Fieldstad has indicated Chester Nicora also plans to submit his resignation. The fifth member, Albert Bonavita, has declined to resign and instead has requested reappointment to the board.

Calabrese is the owner of Calabrese Construction Co. and also head Heritage Real Estate. Nicora is general manager of John J. Beltrandi, Realtors. Albert Bonavita, a self-employed accountant, is the nephew of Carlo Bonavita, who heads Goodlife Construction Co. and is the developer of several apartment complexes in town.

Paul Fieldstad is an ironworker and Town Council member. Burns is a teacher and also an interior decorating contractor.

FEBRUARY 27th - TOWN FIGHTS GARBAGE AT BONDI ISLAND DUMP

The Town Council Monday asked Attorney Jay Posnik, Town Counsel, to prepare an equity suit against the Board of Appeals, alleging it exceeded its authority by allowing Springfield to dump garbage at Bondi's Island.

Councilman Paul Fieldstad and President Julio Alvirini denounced the Appeals Board's decision. Alvirini accused Springfield of being motivated by self-interest. He also accused the state of "picking on Agawam just because it is strategically located."

Fieldstad said he strongly objects to the town's "becoming the garbage can of the area." Springfield's proposed regional sanitary landfill operation present no advantage to town residents, he added.

FEBRUARY 27th - REGIONAL TREATMENT FOR SEWAGE PLANNED

Ludlow, West Springfield, Agawam, Monsanto Co., East Longmeadow, and Longmeadow are expected to be included in the \$65 million regional sewage treatment system planned for Bondi's Island.

They will pay part of the construction cost and will be assessed for use of the facility.

Wylie Hubbard, Springfield Superintendent of Streets and Engineering, has prepared to set up a special meeting of the City Council this week to accept a federal grant of \$48 million for construction of the new sewage treatment plant.

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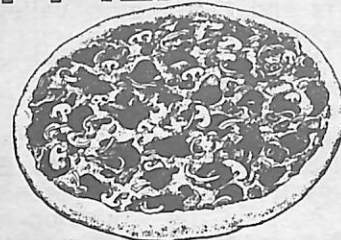


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w/sausage
w/veal patty
w/chicken parmigiana
Eggplant Parmigiana
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Meat Ravioli
Cheese Ravioli
Homemade Lasagna

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Fried Chicken
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Sausage	Combo 4
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Onions	Extra Cheese
Peppers	

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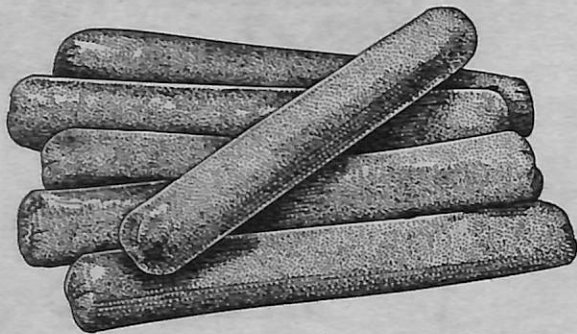
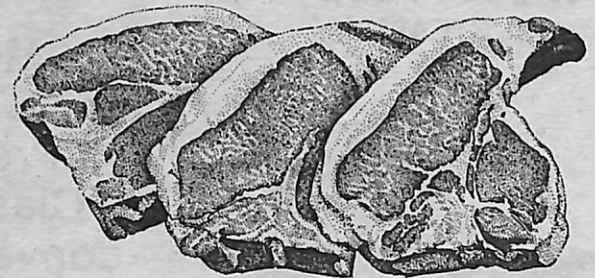
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Boneless Roast (Cut From Loin End)	\$2.19 Lb.
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Whole Butt Tenderloins	\$3.99 Lb.

TUESDAY & WEDNESDAY SPECIAL

Fresh Ground Chuck (15 Lbs. Or More)	\$1.29 Lb.
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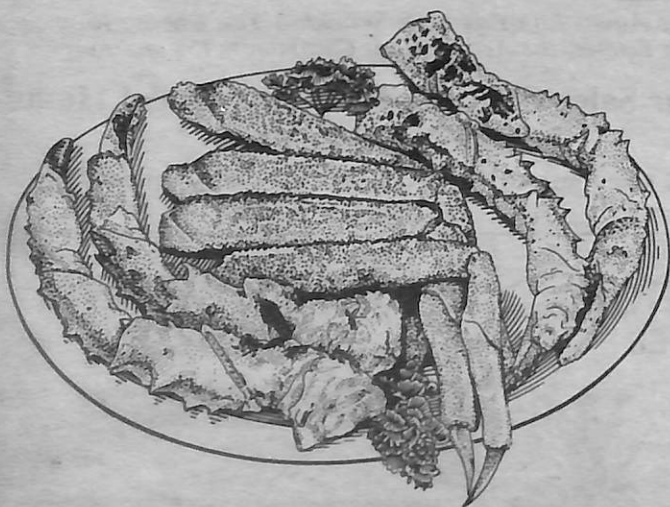


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Extra Large Stuffing Peppers	69¢ Lb.
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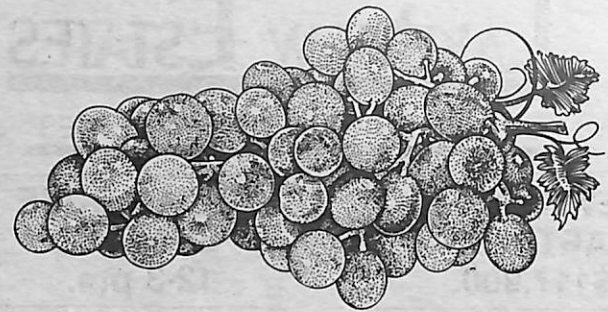
BAKERY

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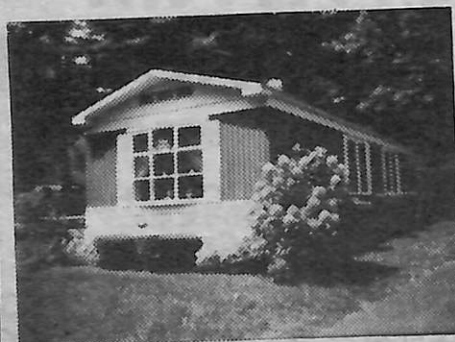
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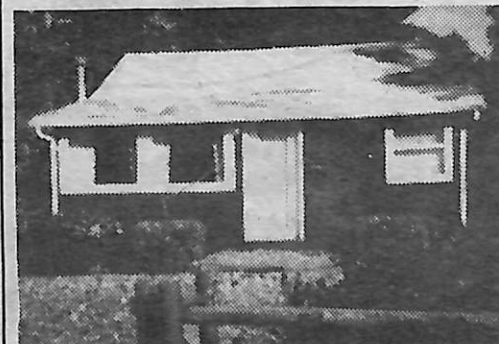
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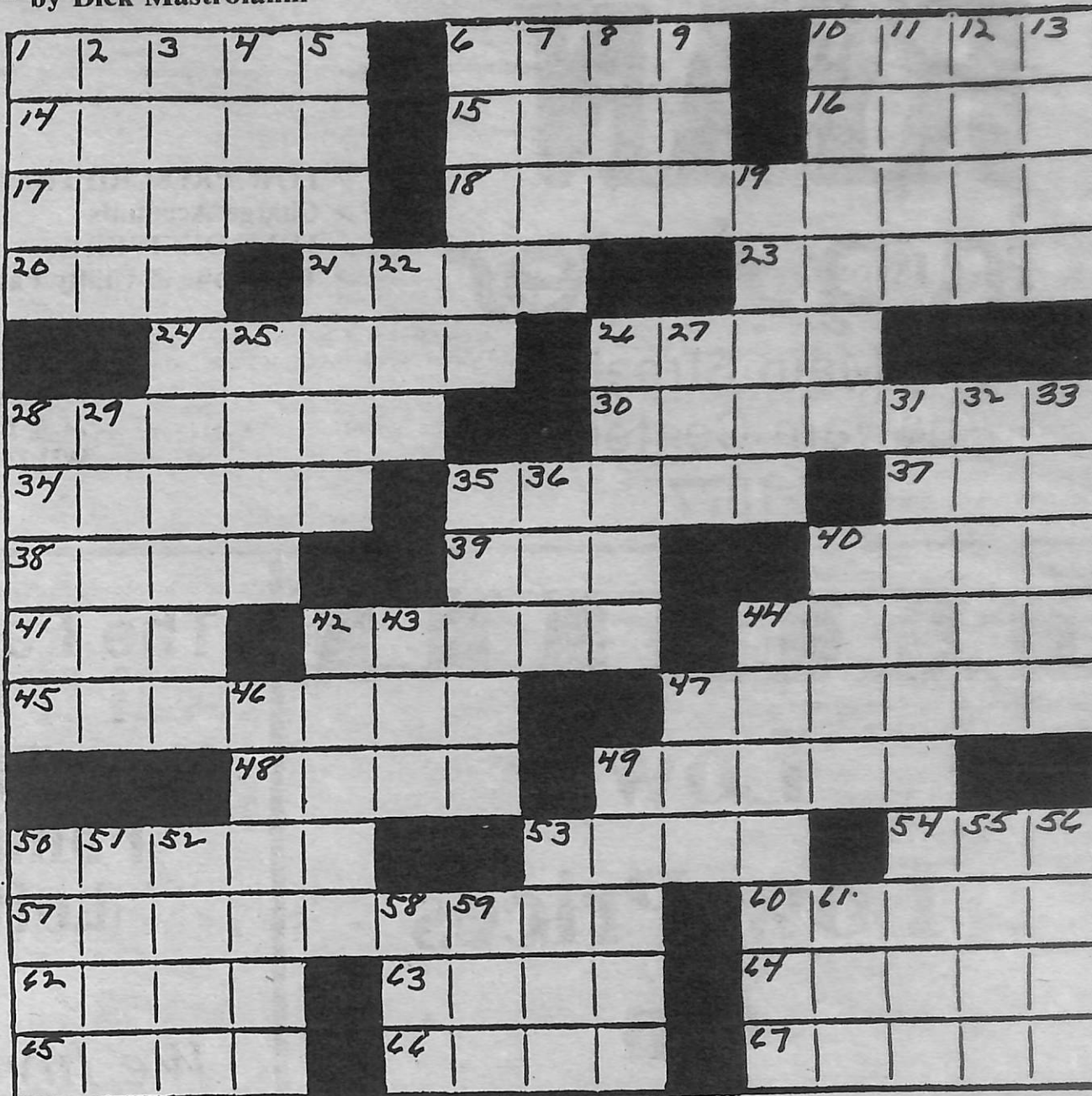
MEET THE MASTER - by Dick Mastroianni

ACROSS

- 1 Iraqi missiles
- 6 Playwright Hart
- 10 Lasso material
- 14 Done in Dusseldorf
- 15 Rhine feeder
- 16 Verve
- 17 Iraqi foe
- 18 Kind of traffic
- 20 Lair
- 21 Parker the actor
- 23 Watering items
- 24 Moll Flanders author
- 26 Gusted
- 28 Bread units
- 30 He swam the Hellespont
- 34 "Forever" name
- 35 Custer had one
- 37 "— to Billy Joe"
- 38 Broadway illuminator
- 39 Resin
- 40 Arnold to DeVito in a movie
- 41 Wildebeest
- 42 Smelled badly
- 44 A votre —
- 45 Huge land ownings
- 47 Thing to turn pretty?
- 48 Wood strip
- 49 Ken of the PGA
- 50 Fine violin
- 53 Called suds
- 54 Name a knight
- 57 Hit hard and go fast
- 60 Famous frontiersman
- 62 Roman road
- 63 Repose
- 64 Dodge
- 65 Ruby and Sandra
- 66 Soaks
- 67 Wyoming range

DOWN

- 1 Ice road mishap
- 2 Show concern
- 3 On the move
- 4 Press for payment
- 5 More rigid
- 6 Pool shoot
- 7 Hay bag contents often
- 8 Smash hit sign
- 9 Back to school month
- 10 Fame
- 11 Automobile pioneer
- 12 Senate gofer
- 13 Baseball's Slaughter
- 19 In the lead
- 22 Goddess of dawn
- 25 Tied
- 26 Temple's married name
- 27 Nimoy to friends
- 28 Director Fritz
- 29 Signs of the future
- 31 Very kickable?
- 32 Uses a blue pencil
- 33 Adoree of silents
- 35 Swipe with a saber
- 36 Bask in the sun
- 40 Weight allowance
- 42 Dining mishap
- 43 Hanoi holiday
- 44 Palate cleanser
- 46 Church sections
- 47 Before (prefix)
- 49 Wilder and Sarazen
- 50 Boric for one
- 51 Mum
- 52 Suit to — —
- 53 Break
- 55 Unravel
- 56 "It's — a long time"
- 58 Morning moisture
- 59 Norma —
- 61 Bullring yell



Science Cartoons On Exhibit Thru March At Spfld. Science Museum

Artist Sidney Harris will display his science cartoon exhibit entitled "The Funny Side of Science" at the Springfield Science Museum from February 17th through March 20th.

His exhibit will contain approximately 70 of his published cartoons, which all make light of the science world. He is able to see the humor in topics such as particle physics, computers, astronomy, evolution, and mathematics.

Harris, a resident of New Haven, Connecticut, attended Brooklyn College as a student but dropped out after a year and a half. He knew he wanted to use humor in his career, but thought he would end up writing funny stories.

Instead, he discovered that he could draw faster than he could write, and he spent several years experimenting with cartoons.

Nearly 25 years ago, Harris saw a copy of *American Scientist*, which was just changing from a scholarly journal into a popular science magazine. He sent them some cartoons and his new career was launched. Harris has had a cartoon in every issue of the magazine since.

Harris has been displaying his cartoons in many science and natural history museums in the United States and Canada since 1985. His exhibit has run for two months in museums such as San Francisco's Exploratorium and Pittsburgh's Carnegie Museum of Natural History. It has also run for up to seven months in the new Liberty Science Center in New Jersey.

Some of his cartoons can be seen in well-known science periodicals such as *Discover* and *John Hopkins Magazine*, as well as general interest periodicals such as *The New Yorker* and *Playboy*.

"The Funny Side of Science" is supported in part by the Xeric Foundation.

The Science Museum is located at the Quadrangle on the corner of State and Chestnut Streets in downtown Springfield. Hours are Thursday through Sunday, 12:00 noon to 4:00 p.m.

Admission is \$4 for adults, \$1 for children ages six to 18, and free for children under six years of age and members of the Springfield Library and Museums Association. (Fridays are free with a current Springfield Library card.) The single admission fee provides entry to all four museums at the Quadrangle.

For information, call (413) 733-1194.

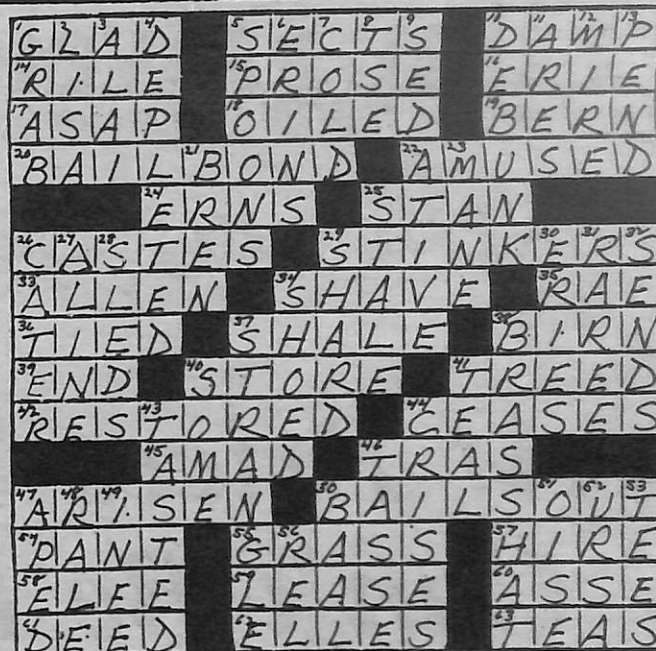
All the local news with us, each week

Ag. Cultural Council Seeks New Members

The Agawam Cultural Council needs new members with enthusiasm and new ideas. The Council is responsible for allocating funds to the local arts and humanities and interpretive sciences through grants to individuals, schools, and organizations. It also sponsors free summer concerts as well as the First Friday Series, which offers a variety of events at no cost to the public.

The Agawam Cultural Council needs your help and input. You don't need special talents to make this program work; your enthusiasm and commitment is all the council needs.

Its members meet once a month during the school year. Call Joanne Condon at 789-0994 for information on the council's next meeting.



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Pisano's Picks...

ON VIDEO

by Louis Pisano

And They're Off...

Everyone has to start somewhere before they are met with great success. I have selected some movies by the three directors who now consistently control the "Top Ten Motion Pictures of All Time" list.

The movies I'm suggesting, however, were made before these filmmakers made their signature films that pummelled them into the theatrical limelight.

* *The Sugarland Express*

Director: Steven Spielberg. 1974. Rated PG. 1 hour and 49 minutes. Starring: Goldie Hawn, Ben Johnson, Michael Sacks, and William Atherton.

This was the famed Steven Spielberg's first feature film effort. As my regular readers well know, Spielberg casts unknowns in most of his films. The reason few people realize this is because once the film is released, the unknowns are met with stardom. This film stars the then-unknown Goldie Hawn.

The Sugarland Express tells the story of an escaped convict who, with the assistance of his wife, attempts to get custody of their child back. The film's action comes from the ensuing chase across Texas involving the couple and the authorities. This tale is based upon an actual incident that took place in Texas in the late 1960's.

It is quite apparent that Spielberg found his niche in life as a filmmaker. This film is of extremely high quality and is certainly worth a viewing. *The Sugarland Express* is characteristic of the early stages of Spielberg's now-trademarked perfectionistic style of directing.

The man who would later direct the history-making classic *Jaws* that made mega-stars of Roy Scheider, Robert Shaw, and Richard Dreyfuss (then virtual unknowns), takes you on "Mr. Toad's Wild Ride" with this tale of the determination of the human spirit within the realm of an action-packed screenplay. 3½ STARS. (17 years old and up.)

* *American Graffiti*

Director: George Lucas. 1973. Rated PG. 1 hour and 50 minutes. Starring: Richard Dreyfuss, Ron Howard, Paul LeMat, Cindy Williams, Candy Clark, Mackenzie Phillips, Harrison Ford, Bo Hopkins, and Charles Martin Smith.

Just take a look at that roster of stars, all of whom were nobodys back in 1973! Richard Dreyfuss would later play Matt Hooper in *Jaws*; Ron Howard would later play Richie Cunningham on *Happy Days*; Cindy Williams would later play Shirley Feeney on *Laverne & Shirley*; Mackenzie Phillips would later play Julie Romano on *One Day At A Time*; and Harrison Ford would ... well, I don't even think I should waste space telling you what his two biggest roles would later be!

It seems that this film showed George Lucas that his knack for creating lighthearted and likeable entertainment was definitely worth exploring. Thank goodness for us that he realized this because in four years from the release of this picture would come Lucas's milestone movie classic *Star Wars*.

PLEASE REMEMBER our deadline is every Tuesday at noontime. We do appreciate those who bring in their copy/ads on either Friday or Monday. We will be open on Washington's Birthday for business. We open weekdays at 6:30 a.m. and close on Friday at 4:00 p.m.

American Graffiti explores the lives of a group of California students, all portrayed spectacularly by the previously discussed cast. The film also boasts a classic rock n' roll soundtrack, thereby adding further appeal to the narrative.

Be reminded that this is in no way a science fiction film, and that the later *Star Wars* only displayed the director's versatility. This film is sure to please a wide range of movie buffs as well as a very diverse audience. 3 STARS. (16 years and up.)

* *Beetlejuice*

Director: Tim Burton. 1988. Rated PG. 1 hour and 33 minutes. Starring: Alec Baldwin, Geena Davis, Michael Keaton, Jeffrey Jones, Catherine O'Hara, and Winona Ryder.

It is interesting to note that these directors have had a tendency to use the same actors in a couple of their films. Spielberg used Richard Dreyfuss in *Jaws* and *Close Encounters Of The Third Kind*; Lucas used Harrison Ford in *American Graffiti* and *Star Wars*; and Tim Burton used Michael Keaton in *Beetlejuice* and *Batman* as the title characters.

This film, as now expected from Burton, is of high quality and high obscurity. There are some

excellent costumes and make-up in this story of a young couple who, upon their demise, return as inexperienced ghosts to haunt their earthly home. They eventually call upon Keaton's *Beetlejuice* character to scare off the people now living in their home.

The film is humorous in that the attempts to scare off the living couple prove quite funny. There are some pleasant jolts in the film that add to the appeal of this really odd plot. Keaton's performance steals the show, even though he did not receive top billing.

I'd caution that parental supervision would be ideal because there are some shocks that the kids might not take kindly to. There is also some language inappropriate for the kids without their parents. I am not saying the kids should not watch *Beetlejuice*; just make sure that adults are in the same room with them and please ... keep the lights on for this romp! 3 STARS. (17 years and up.)

(EDITOR'S NOTE: If you have any suggestions for movie-related themes that you'd like to see discussed in this column, send them to Lou in care of *The Agawam Advertiser News*, P.O. Box 263, Feeding Hills, MA 01030.)

When it comes time to retire why not settle down with a good book?



Preface

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Agawam Poetry by Agnes R. Neylon Smith

Champion Of Democracy



On a small kentucky farm, one frosty winter morn,
In a cabin made of logs, a special child was born;
Outside, the blustery arctic winds, dispersed the drifts
of snow,
But the sandstone hearth reflected warmth, with embers
all aglow;

A cabin sparse, with homespun grace, and rafters built
with care,
Wherein was felt respect and love, for the family living
there;
A tiny wooden cradle rocked, by gentle, steady hand,
A little boy is sleeping, who, will one day, lead our land;

Abraham Lincoln, was ordained for this Earth,
To bequeath his talents, in deeds of great worth;
A man of great stature, stout of mind and heart,
In the registry of history, he played a vital part;

This humble man from the cabin, in Kentuck's
bluegrass state,

Was honorable, sagacious, and a master of debate;
He was a lawyer of distinction, with eloquent
summation,
His "Gettysberg Address," was the pinnacle of oration;

He fought the wars, and serviced the mail,
And with mighty muscle, split the rail;
He captivated an audience with folklore yarns,
He was "Honest Abe," with urbane charms;

He struggled to keep the Union strong,
And held to the belief, that slavery was wrong;
He served in the Assembly, with keenness of mind,
And his terms in the Congress, helped the Union to
bind;

The South was in peril, of some states seceding,
A strong-minded leader, is what they were needing;
Lincoln presided, with God as his guide,
And by the laws of his land, and his God did abide;

With heartfelt respect, for the slaves of our Nation,

Won their freedom when he signed the Emancipation
Proclamation;
All the goodness within him, he gave to his land,
And bound states in unity, with strong steady hand;

America's a much better place, for Lincoln's being here,
He spread his kindness and wisdom, in actions, sincere;
One of the finest human beings, who ever walked this
Earth,
Abraham Lincoln, we salute you, on this day of your
birth.

POSTSCRIPT
Our most sorrowful day—the day Lincoln was killed,
Left a chasm so vast, it can never be filled;
One of history's great leaders, from this world, did
depart,
But in the annals of America, he's locked in the heart.

"government of the people, by the people, for the peo-
ple, shall not perish from the earth."—Abraham Lin-
coln—Nov. 19, 1863



In Westmoreland County, Virginia, George
Washington was born,
With snowdrifts to the shutters' latch, on a frigid
winter's morn;
On February the twenty-second, in seventeen thirty-
two,
He was born on Pope's Creek farm, as the day began
anew;

He was a man of integrity, and great strength of mind,
With prudence and honor, and love for God combined;
"The Father of His Country," they hailed him far and
wide,
For he led them like a growing child, he was their
constant guide;

He won their independence from Great Britain's mighty
hold,
He led the Continental Army, against the enemy, strong
and bold;
He brought great strength to the Union, binding them as
one,
In the Continental Congress, his greatest work was

America's Favorite Son

done;

"First in war, First in peace, First in the hearts of his
Countrymen,"
Echoes with pride, o'er the Virginia hills, over and over
again;
He commanded the troops, secured the peace, brought
freedom to the lands,
He suffered many adversities, breaking from Britain's
command;

The first president of America, left his mark upon this
Earth,
He was loved and revered by all, for his deeds of noble
worth;
We pay homage to George Washington, on this, his day
of birth,
He gave all the best within himself, and made a better
Earth;

POSTSCRIPT
The Country, in silent sadness, with heavy-laden heart,



Laments in tears of sorrow, for their leader didst
depart;
"The Father of our Country," will never be far away,
For we'll see him in all the beauty, that shines on us
each day.

WRITER'S NOTE: His good friend, Thomas Jeffer-
son, said of George Washington: "His mind was great
and powerful..." "No judgement was ever sounder..."
"Perhaps the strongest feature in his character was
prudence..." "His integrity was most pure..." "His
justice, the most flexible I have ever known..." "He
was indeed, in every sense of the words, a wise and good
and a great man..." "On the whole, his character was,
in its mass, perfect..." "It may truly be said, that never
did nature and fortune combine more perfectly, to make
a man great..." (May we always remember his great-
ness.)

Did you know that George Washington added "So
help me God!" to the Oath of Office standard speech,
and then he kissed the Bible. This set the precedent for
future inaugurations.

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Education

AIC Model Congress...

John Manning Reaps 3rd Prize For Agawam High

by Kathy Cassanelli
News Editor

Known within the Agawam High School Model Congress as "Agawam's Top Gun," junior **John Manning** recently captured third prize at the American International College 54th annual Model Congress.

The Model Congress Program seeks to stimulate students' interest in government and encourages their interest by awarding over \$65,000 in AIC scholarships to the winning delegates. Throughout the three days of mock legislative debates, AIC faculty members observed the delegates to assess their oratorical and parliamentary skills.

Competing with over 250 students from New England and New York, Manning won a quarter-tuition scholarship for four years at AIC.

Manning attributes his success to his three years of experience at Model Congress and "the way I was brought up. My mom was a history teacher and always had me keep well-informed."

Manning said his role model in the political world is Ronald Reagan. The former president is "one of the best public speakers in modern times. Not many people can make so many people believe what you're saying, even if it's not true," Manning noted.

Each participating high school is allowed to send four delegates with speaking rights and six observers. The speaking delegates assume the role of U.S. senators and representatives; two delegates work toward passage of their school's proposed legislation, while the other two delegates participate in committee hearings dealing with bills introduced by other schools.

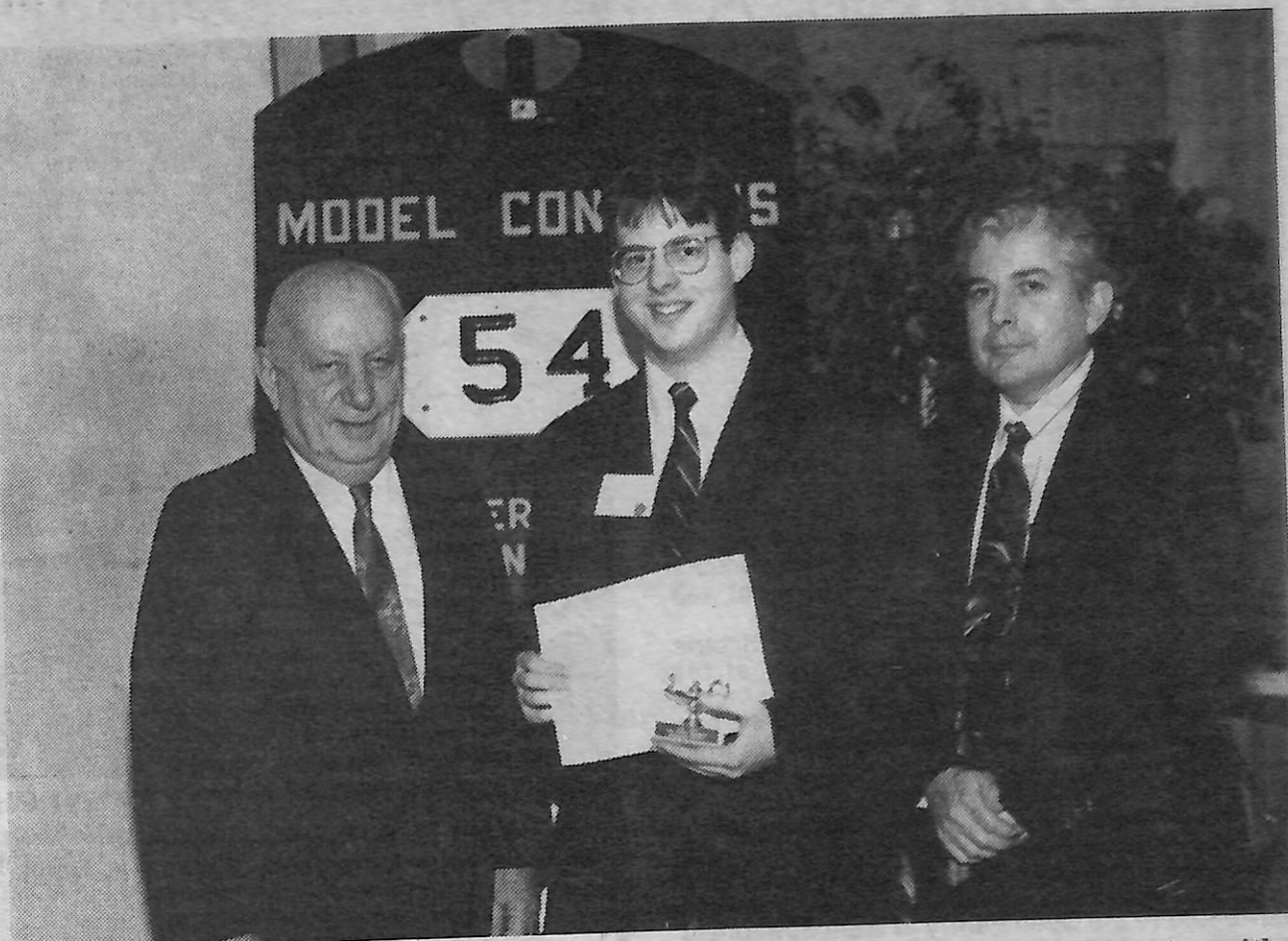
Sophomore **Al Albano** assisted Manning in presenting his National Debt Reduction Act. This proposed the allocation of five percent of the federal budget to the principal of the national debt for a period of 20 years. Although Manning's bill was passed by the Senate, Albano was disappointed that the bill passed with only 52 percent of the vote, "despite the fact that no one spoke in opposition. Many of the delegates should have abstained because they didn't know enough about fiscal policy."

Delegates **Courtney Limbert** and **Tony Newman** attended committee meetings dealing with a proposal to abolish the penny and the dollar bill, and a proposal to raise the driving age to 18 and lower the legal drinking age to 18. Both bills failed.

According to Courtney, the Universal Age Majority Act failed because many of the delegates were under 18 and didn't want to lose their driving privileges.

Emergency Evening Session

Spread over three days, Model Congress open-



AIC PRESIDENT Harry J. Courniotes presents Agawam High student **John Manning** with third prize for his efforts at the Annual Model Congress. Looking on is **John Ferranti**, AHS faculty advisor.

ed Thursday, January 13th, with an emergency evening session designed to give the students a first-hand look at the effect lobbying can have on the legislative process.

The AHS delegation demonstrated its mastery of the lobbying process by distributing red National Debt ribbons, similar to the Mothers Against Drunk Driving (MADD) lapel ribbons, to the other delegates. At Manning's suggestion, the AHS club prepared facsimiles of \$1 bills on red paper and folded them in the shape of an A to remind the delegates of Agawam's proposed legislation and to tie in to the idea of "stopping the madness" of the national debt. "It has a positive influence on the other delegates," Albano said.

Springfield Mayor Robert T. Markel opened the Model Congress as its keynote speaker on Friday morning. The committee hearings and legislative sessions continued through Saturday, culminating in an awards banquet on Saturday evening.

AHS student observers **Eric Binder** and **Theresa Brown** agreed the Model Congress had been a worthwhile learning experience. "We learned

more about speaking formally and how to propose amendments," Binder said, as well as how to derail an opponent's train of thought by interrupting with questions. Theresa agreed, saying, "We learned more of the process."

Jason Devine, **Jaime Brodeur**, **Alisa Harvey**, and **Zak Mouneimneh** also went to AIC as observers. All agreed they are definitely interested in participating as speaking delegates in the future.

Manning said he is planning for his fourth and final appearance at the AIC Model Congress next year, although he hasn't yet settled on a topic for his legislation.

Typically, the club members will choose a controversial issue of particular interest to them and will spend months researching the topic. They then prepare to debate the merits of their bills at the club's after-school meetings.

Faculty advisor **John Ferranti** agreed that the motivated students put in considerable time in preparing for the Model Congress. "The entire delegation has to be willing to help the delegate (sponsoring the school's bill) in terms of research," Ferranti said. "The first-prize winner had the full support of the delegation."

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News And Notes From Cub Scout Pack 75

POPCORN SALES

Cub Scout Pack 75 of Sacred Heart Church, Springfield Stret, Feeding Hills, will be taking part in a Pioneer Valley Council Boy Scouts of America (BSA) fundraiser. The Tiger Cubs and Cub Scouts will be taking orders for Trail's End popcorn; the sale of this popcorn benefits both the Pioneer Valley Council and Pack 75.

This popcorn sale is being conducted nationwide, and all funds raised will stay in the respective councils in which the money is collected.

Pack 75 appreciates all the help that you can give its membership; a special "thank you" to everyone who has helped in the past, and who will help out now!

SCOUTING FOR FOOD DRIVE

Cub Pack 75 will be collecting non-perishable foods to help the needy. This is also being done nationwide under the auspices of the Boy Scouts of America, who feel that this is an important way of helping others in need.

The Tiger Cubs and Cub and Webelo Scouts from Pack 75 will be dropping bags off at the homes of family members and friends. If you are able to help, put the donated food items in the bag and those same Scouts will pick it back up from you.

With so many homeless people and so many people out of work, this is a much-needed project and its results will be deeply appreciated by those who benefit from it. All food collected in our area will STAY in our area; the local collections will be distributed to the Open Pantry in West Springfield throughout the next couple of months.

Anyone wishing to donate may also call 786-2309 (if there's no answer, please leave a message). Thank you again for your support in the past and your support now—love is sharing and caring for others, and it makes you feel good when you know you can help others in need!

ANNUAL DANCE

Cub Scout Pack 75 will be holding its Annual Dance to help raise money for the Pack. It will take place on Saturday, March 26th, at the Springfield Turnverein, Garden Street, Feeding Hills.

Lasting from 8:00 p.m. to midnight, the dance will feature music by a D.J., as well as door prizes and raffles. A cash bar will be available, but bring your own snacks.

For additional information, contact Cheryl at 789-1655 (please leave message if there is no answer).

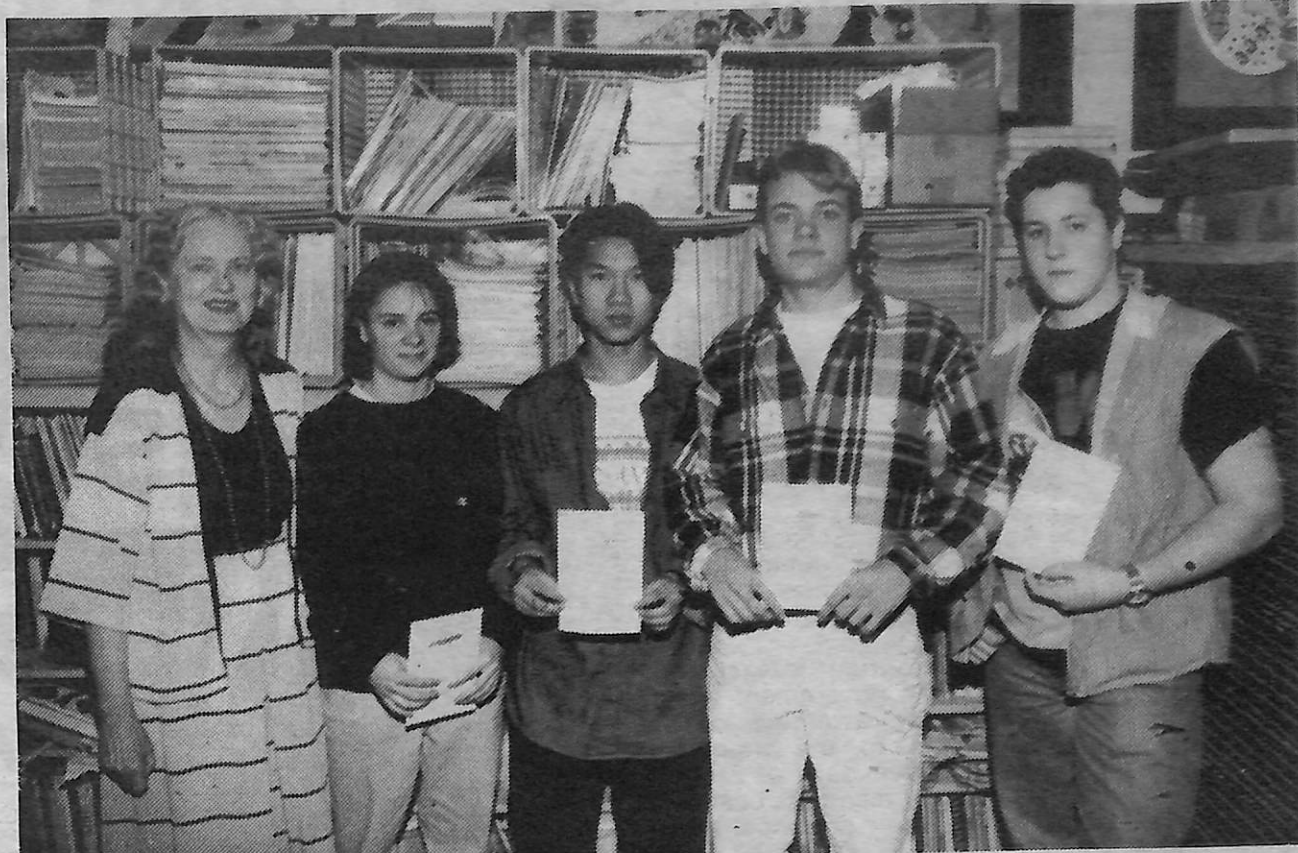
Come join the Pack for a night of fun, especially after the long, snowy winter. (We all need a night out!)

Raffle Rescheduled At The Agawam Early Childhood Center

The Agawam Early Childhood Center raffle, originally scheduled to be held during the Center's Open House on February 8th, was cancelled due to the snowstorm. The raffle has been rescheduled for Friday, February 18th, at 11:00 a.m. at the Early Childhood Center.

All winners will be notified. Proceeds from the raffle will be used for the children's spring field trip.

The Center's Open House will be rescheduled for a later date.



AGAWAM HIGH ART DEPARTMENT CHAIRWOMAN Geraldine Ann Schilling-Nordal with the school's four art students who won recognition from *The Boston Globe*. Students are, from left - Gina Serra, Kwan Ly, Derek Vrijenhoek, and David DelloRusso. Advertiser News photo by Jack Devine.

Four AHS Students Receive Recognition At Annual Boston Art Awards Contest

Four students of Mrs. Geraldine Ann Schilling-Nordal, Chairman of the Agawam High School Art Department, won recognition in this year's Boston Art Awards Contest.

Sophomore David DelloRusso, the son of Mr. & Mrs. John DelloRusso of 6 Bunker Hill Road, Feeding Hills, won a gold key with his colored pencil drawing of "Sargeant Pepper's Army." His picture will be sent on to New York as one to represent the state to be judged nationally. Last year, David was recognized in this state-wide contest with an honorable mention for a drawing of the Boston area.

Junior Derek Vrijenhoek, the son of Mr. & Mrs. Adrian Vrijenhoek of 75 Campbell Drive, Agawam, won an honorable mention with his acrylic surrealistic painting, "Brushes Revenge."

Senior Gina Serra, the daughter of Mr. & Mrs. Donald Serra of 43 Randall St., Agawam, received an honorable mention in the textile and fiber category for her batik depicting a "Butterfly Resting."

Junior Xuan Ly, the son of Mr. & Mrs. Cong Ly of 117 Silver Street, Agawam, attained an honorable

mention with an acrylic abstract painting titled "Sports."

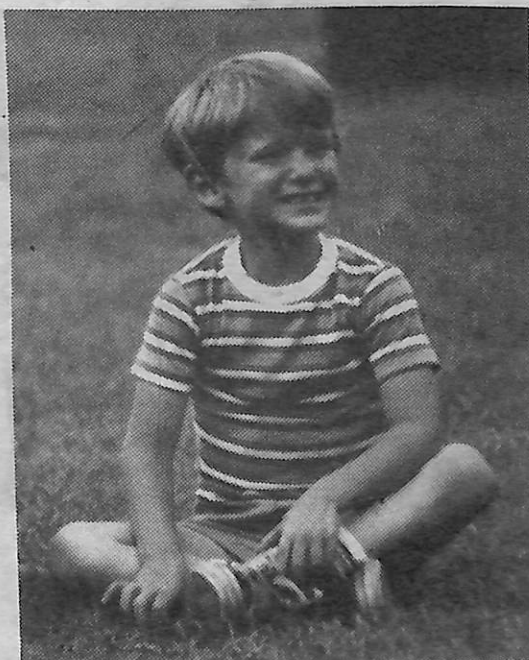
The object of the state-wide Boston Globe Awards is to provide an arena for healthy competition, which fosters the confidence of young artists and invites students to broaden their horizons while winning recognition.

The Scholastic Art Awards are the largest and longest competition of its kind in the country, having emerged in 1927. The awards program is administered by the New England Art Education Conference in cooperation with the Massachusetts Art Education Association and the New Hampshire Art Education Association.

The quota of work acceptable from the local high school was eight pieces, and eight pieces were submitted for consideration. Judging was based on Imaginative Content, Skill and Craftsmanship, Observation and Inquiry, Style, and the Human and the Artistic Viewpoint.

The exhibit of Gold Key works is hanging at the State Transportation Building, Park Square, in Boston until March 4th. The hours for viewing are Monday through Friday, 9:00 a.m. to 5:00 p.m., and Saturday and Sunday, 12:00 noon to 4:00 p.m.

Yo, Pedro... Happy 16th!!!



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Annual "Read Aloud" At Robinson Park Celebrates Success

by Kathy Cassanelli
News Editor

For the eighth year, the Adelphi team at Robinson Park School has declared January 18th through February 18th as "Read Aloud Month."

The program kicked off with fourth graders Kara Gilhooly and Matthew Couture attending the January 11th School Committee meeting to explain the program to the committee members and the viewing audience. The two students presented committee members and Superintendent of School Bernard Ryder with personal invitations to come to Robinson and "read aloud" to a class.

The program encourages reading aloud to children on a daily basis to stimulate language and listening skills. Also, it is hoped this will foster family togetherness and a love of reading.

During the month-long program, the students earn credit for each book read aloud to them by family members (at home) and for books they read aloud to younger children. For each book read, the children receive a paper gumball inscribed with their name to be included in the ceiling-to-floor giant gumball machine that decorates the back wall of the cafeteria.

"The children absolutely adore it!," said fourth grader teacher Patricia Burnett.

Over 1,498 Gumballs Accumulated

At presstime, the 1,498 paper gumballs accumulated by the students completely filled up the gumball machine. This necessitated the creation of a giant jar to accommodate the overflow.

Fourth grade teacher Andrew Bower, who has been coordinating the program with Mrs. Burnett from its inception by the Adelphi Committee, said he expects the children will have read over 2,000 books by the end of the program.

Bower said the school's PTO parent volunteers cut out the paper gumballs using supplies donated by the PTO.

Working together, Mrs. Burnett and Bower created a whimsical, old-fashioned library in the school's main display case to pique the children's interest in the reading program. Behind a banner proclaiming "Just About Anyone Will Read to You," stuffed panda bears sit reading amidst a collection of books from the school's Thelma Meadon Library.

According to Bower, School Librarian Linda Orr provides the display with the library's new books to keep the interest level up. Bower said the children check the case every day to see what's new at the library. "Each year we notice the number of books being checked out of the library increases during Read Aloud," Bower said.

The cafeteria's bulletin board ties in the theme of Valentine's Day with the Read Aloud Program. The display titled "Books We Love" uses pink heart-shaped cut-outs made by the children with the title of a favorite book and an illustration drawn by the students.

In her fourth grade classroom, Barbara Regish's students have created a display again using a Valentine's theme to present short book reports on "A Book I Love."

In addition to encouraging reading at home, the program asks parents, grandparents, and community members to come to the school and read aloud to a class.

Many Community Leaders Volunteer

Among the community leaders sharing books with the students were State Representative Michael P. Walsh, School Committee members Teresa Kozloski, Linda Galarneau, and Scott Macey, as well as Rosemary Sandlin from Senator Linda Melconian's office and Children's Librarian Jeanne Hoffman from the Agawam Public Library. Mayor Christopher C. Johnson was scheduled for his yearly visit during the final week of the program.

Former Town Councilor Joanne Willis is a perennial reader at Robinson. "She started coming as a parent and she's been here every single year even though she no longer has children here," Bower said.

Another faithful reader is retired art teacher Marge Sherman. "She retired three years ago and she always comes back," noted Bower.

This year, the pattern of stormy weather has been a problem for some readers as hazardous road conditions kept some would-be readers at home. "We know the weather caused some cancellations," Bower said. "Reading to a class doesn't have to be during the dates of the program. Anyone who wants to read to a class is always welcome at Robinson."

*All the local news
with us, each week ...*



STATE REP. MICHAEL P. WALSH (above) "Read Aloud" to Anna Crean's second graders at Robinson Park School; below, School Committee member Teresa Kozloski read to students in Harriet Aspden's class. Advertiser News photos by Jack Devine.



To Our Families, Relatives, Friends & Co-Workers:

*It's easy to say thank you,
What's difficult to do,
Is express our many special
thoughts,
Behind these thanks to all of
you.*

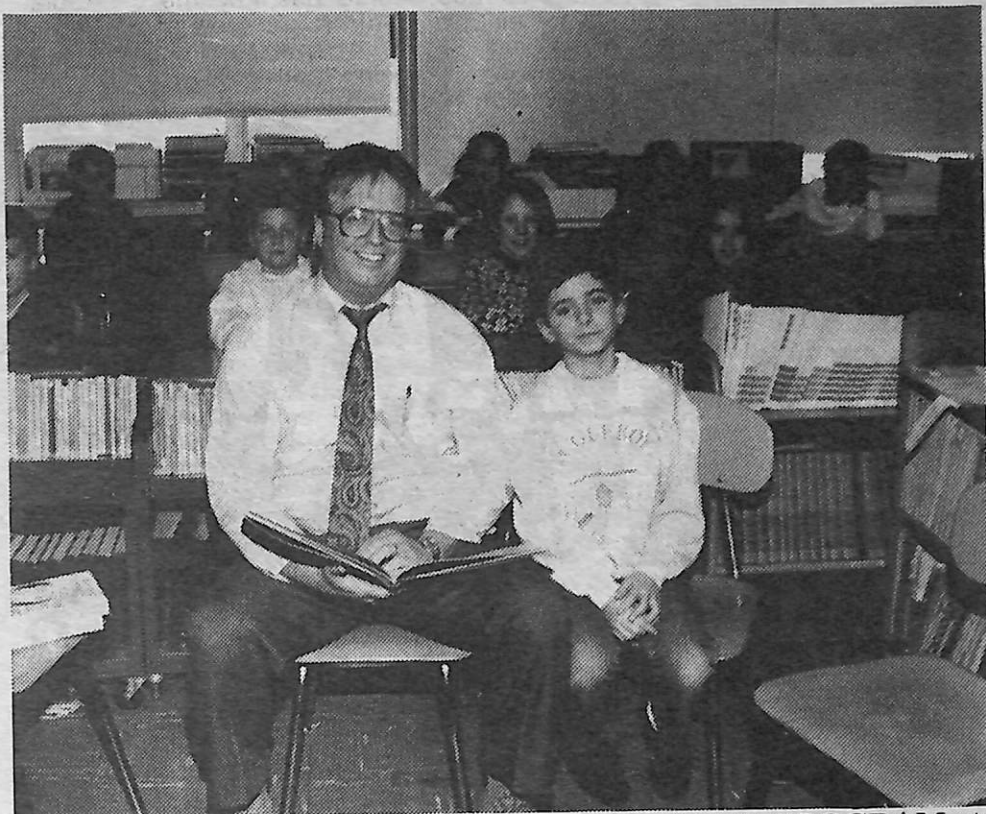
Thank you all so very much
for an unforgettable evening!
We love you all...

Anita & Yvette

Ain't It Jive? Edgar Gelinas Is 55!



Read Aloud Wins Over Robinson Students



THE POPULAR READ ALOUD PROGRAM at Robinson Park School brought out parents and local officials to the school to read aloud to the students. IN PHOTO LEFT, parent Jerry Couture reads a story to students in Room 12; IN PHOTO RIGHT, Robinson students from left - Lauren Powell, Tabith Schutt, Curtis Miarecki, Vincenzo Tirone, Lauren Cressotti, and Denis Marchetto pose under the gum-ball display for all the books read in the school. RELATED PHOTOS AND STORY on previous page.

Advertiser News photo by Jack Devine.

St. Martha Players To Offer Arts Scholarship

The St. Martha Players, Inc. is currently accepting applications for the Edwin J. Forand Memorial Scholarship. This scholarship is open to senior high school and college level students planning to pursue studies in the theater arts.

Only students whose permanent address falls within a 25-mile radius of the Enfield/Springfield area will be eligible.

To apply, please provide two letters of recommendation, one from a dramatic or musical reference and one from an academic source; a current resume listing all pertinent personal and professional information, including present or anticipated curriculum, private studies, and awards or performances; a signed letter written by the applicant explaining the applicant's involvement in the performing arts and goals for the future; and for students entering college, a copy of your letter of acceptance.

All application materials must be received by Friday, April 15th, 1994. All application materials should be mailed to the Edwin J. Forand Memorial Scholarship, St. Martha Players, Inc., c/o Lorry Potvin, 27 Green Valley Drive, Enfield, CT 06082. Incomplete applications will not be considered.

Meeting With School Superintendent Ryder Slated For March 2nd

There will be a meeting with Bernard Ryder, Superintendent of Schools, on March 2nd, 1994 at 1:00 p.m. at the Junior High School to discuss an abstinence-based curriculum to be taught in the Agawam public school system.

This curriculum is not presently available. All who are interested are invited to attend; if you are unable to attend but are interested in voicing your concern, please notify Mr. Ryder and/or any School Committee member.

Katrina DeBonville On Dean's List

Katrina DeBonville, 62 Charter Oak Drive, Feeding Hills, the daughter of John and Cathy DeBonville, has been named to the Bucknell University dean's list for outstanding academic achievement during the fall semester of the 1993-94 academic year.

A student must earn a grade point average of 3.5 or higher on a scale of 4.0 to receive dean's list recognition.

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ROBINSON PARK student Melissa Perry receives a \$100 savings bond from State Rep. Michael P. Walsh (left) as the first prize winner in Walsh's Annual Christmas Card Design Contest. Looking on is Principal William Sapelli. Advertiser News photo by Jack Devine.

Robinson Park Student Wins Walsh Contest

by Kathy Cassanelli
News Editor

Massachusetts Representative Michael R. Walsh visited Robinson Park School on Friday, February 11th to present fourth grader **Melissa Perry** with a \$100 savings bond as the first prize winner in his Annual Christmas Card Design Contest.

A student in Andrew Bower's class, Melissa won the contest with her drawing of the little drummer boy.

For the past six years, Walsh has invited fourth grade students in the 3rd Hampden District towns of Agawam, Blandford, Chester, Granville, Russell, Southwick, and Tolland to submit inked drawings with a Christmas motif. These drawings are considered as the cover design for the more than 1,000 Christmas cards he sends to family, friends, and business associates.

Walsh said he originally got the idea from a colleague in Boston and decided having the children design his card would produce a more personal card.

"The kids capture the spirit of Christmas so much better than a manufactured card. It's an opportunity for the children to get ready for Christmas and it allows me to send a more personal greeting to my friends," Walsh said.

The contest begins on November 1st and runs for three weeks. Members of Walsh's staff visit all the participating schools before the Thanksgiving break to pick up the entries and Walsh chooses the winner and two runners-up.

Although the contest is not a school project, Bower said the teachers usually supply interested students with paper and allow them to use their free time to work on their designs.

"This year, a lot of students participated," Bower said. "They were eager about it because year after year, word about the contest is filtering down (to the younger grade levels)."

According to Walsh Administrative Assistant Kathy Sheehan, this year's contest attracted more than 300 entries from the seven towns in Walsh's district.

The two runners-up were **Sara Henderson** from Granville Village School (Granville) and **Nicholas Oleksak** (Blandford Elementary School) in Blandford. They each received a \$50 savings bond for their efforts.

Agawam Public Schools Ed-Ventures

by Kenneth Dean
Science Dept. Chairman
Agawam High School



Science Electives- Adding To the Basics

This year, there has been an increase in enrollment in the Science Department elective courses. This increase may have resulted from a keen awareness by students to current health issues and life sciences as well as an added requirement for graduation.

The Science Department electives act as a complement to the traditional sequence of Physical Science, Biology, Chemistry, and Physics. Courses can be half-year or full-year and cover topics such as health, horticulture, and astronomy, as well as advanced placement chemistry, biology, and physics.

The Health course is a 1.25 credit required course for all freshmen. Students in this class discuss a wide range of today's issues, including mental health, stress, substance abuse, and sexually-transmitted diseases. Basic first aid, CPR, and the Heimlich maneuver are also taught. These are important facts for our students to have whether they are college-bound or not.

We have seen a lot of activity in our greenhouse this year. The Horticulture students have had to start from scratch this year. All of our plants were lost over the summer when the watering system failed. Faculty and friends have generously donated plants and clippings to restock. The students have been busy pruning and repotting. Things are looking quite green again—a welcome

change from our weather this winter!

The Genetics course has become a popular half-year elective. It offers a review of cell structure, basic principles of genetics, and an overview of the rapidly advancing technologies in genetics such as gene fingerprinting and genetic counseling.

Environmental Science is another popular half-year course. News reports about the ozone layer, chloro-fluorocarbons, and the greenhouse effect have stirred interest in this course. By using projects and cooperative learning, students study environmental concerns and ecological concepts. A major goal of this course is to help students gain awareness as to what part they play in our environment and what they personally can do to help it.

Two other popular half-year courses include Fitness for Sport and Life, and Astronomy. The fitness class learns about aerobic training, weight training, and lifestyle to improve health. A healthy lifestyle includes the values of a low-fat diet and weight control in later years, as well as knowing the adverse effects of smoking and other drugs on fitness and health.

The Astronomy students learn about the properties of light, the solar system, galaxies, and recent discoveries. Each spring, the students have a chance to observe some of these phenomena when class is scheduled in the evening to use our Alestron-8 telescope.

Students who want to be further challenged may select an advanced placement course. These are full-year, eight-credit courses and are very helpful to any student planning a career in the science or engineering field. Five students from the Class of '93 are enrolled at Rensselaer.

As teachers, we hope that the diversity of subjects and the challenging of the Science Department electives stirs the interests and meets the needs of our students. The scope of the courses are designed to enhance the basic concepts learned in required classes and to enrich the personal lives of our students for now and in the future.

Tara A. O'Brien On Bay Path Internship

Tara Anne O'Brien, daughter of John and Elaine O'Brien of Pheasant Run Circle, Feeding Hills, is serving a three-credit, 120-hour internship at Carroll Travel in Westfield during the spring semester.

A sophomore at Bay Path College enrolled in the Travel and Tourism Program, she is gaining on-the-job experience supervised both by agency personnel and college faculty.

The internship is a required part of the curriculum for second-year students in this associate degree program of study at the college.

St. Mary's Of Westfield Seeks Alumni

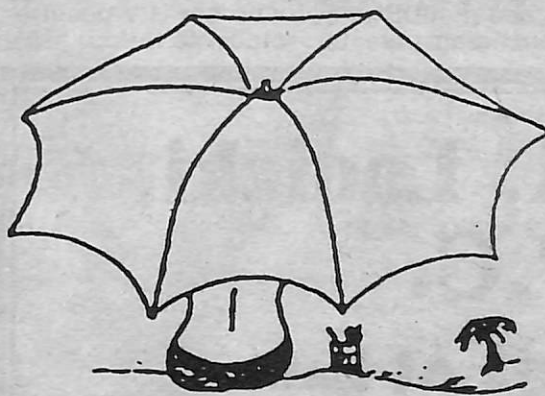
In preparation for the upcoming centennial, Saint Mary's Schools in Westfield are seeking current names and addresses of alumni of both the high school and the elementary school.

If you are an alumnus (or know of one) and have had either a name or address change since graduation, let them know.

Please contact the St. Mary's Development office at (413) 568-1160 or write St. Mary's Schools Development Office, 37 Bartlett Street, Westfield, MA 01085.

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Agawam Schools' Weekly Lunch Menu

Monday, February 21st thru Friday, February 25th: Winter school vacation.

Monday, February 28th: Steamed frankfort in roll, Boston baked beans, seasoned green beans, rosy applesauce, milk.

Tuesday, March 1st: Cheeseburg in roll, steamed rice, seasoned carrots, mustard, relish, catsup, chilled peaches, milk.

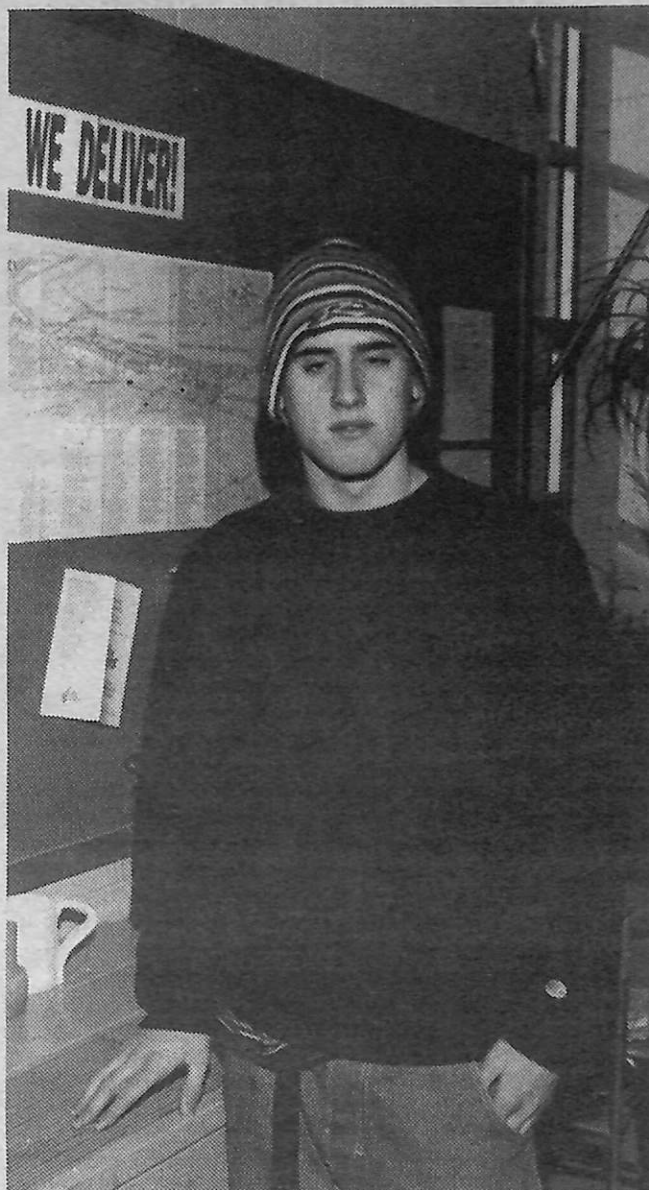
Wednesday, March 2nd: Spaghetti with meat sauce, Italian bread & butter, seasoned broccoli cuts, orange juice, jello with topping or fruit cup, milk.

Thursday, March 3rd: Cubed chicken meat with gravy on whipped potatoes, seasoned peas & carrots, whole wheat bread & butter, pineapple tidbits, milk.

Friday, March 4th: Hot vegetable soup, grilled cheese sandwich, pickle chips, oven potato puffs with catsup, chocolate pudding or peaches, milk.

(NOTE: Please remember to purchase your tickets on Mondays for the week. Personal checks are accepted, payable to the **Agawam School Lunch**.)

"Artist of the Month"



AGAWAM HIGH STUDENT Steve Slate was named the school's "Artist of the Month" for January. Advertiser News photo by Jack Devine.

January's Teacher



THEATRE TEACHER Margo Poulin (right) received the "Orange and Brown Staff Appreciation Award" for January. Mrs. Poulin is pictured with faculty member Mimi Hirschhaut, a member of the Staff Appreciation Committee. Advertiser News photo by Jack Devine.

Two AIDS Awareness Nights Planned For Agawam Schools In Early March

by Kathy Cassanelli
News Editor

Continuing with her commitment to provide comprehensive AIDS education to students and their parents, Athletics and Health Education Director Kathleen McSweeney has scheduled two AIDS Awareness Nights for parents in early March.

Guest speaker JoAnn Dinnie, a nurse educator from Baystate Medical Center, will present a program for parents of children in grades K-6 on Tuesday, March 1st, and a second program for parents of students in grades 7-12 on Thursday, March 3rd. Both programs will be held in the Middle School auditorium from 7:00 to 9:00 p.m.

The presentations will focus on helping parents learn how to talk to their kids about AIDS and related issues. In addition to providing parents

with the facts about AIDS, each session will help parents learn how to discuss AIDS at their children's level.

"We want parents to know these nights are for them," said Health Curriculum Coordinator Connie Hutton. "If parents will come out, these sessions should be very helpful. JoAnn (Dinnie) is a real dynamite speaker who has been involved in AIDS education since AIDS first came on the scene."

The sessions are designed to help parents become the primary AIDS educators for their children.

On March 9th, a panel of three young people who are HIV positive will visit AHS to meet with students in four assemblies. The panel will meet

with each class level separately to discuss how they contracted AIDS and the issues they face living with the disease.

Mrs. Hutton said the three panelists were chosen because they are close in age to the high school students and because each picked up the deadly virus in a different way. "We wanted the panelists to be closer in age to the high school kids. We hope they will have more of an impact," Mrs. Hutton said.

According to Mrs. Hutton, last year's AIDS education program will not be repeated this year. "This year, there are no plans for specific programs (on AIDS education) at the younger levels. It will be taken care of through curriculum already in place."

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Agawam High School Guidance Dept. To Host Scholarship Fair

The Agawam High School Guidance Department will sponsor a Scholarship Fair on Tuesday, March 8th, from 7:00 p.m. to 8:00 p.m. in the high school cafeteria. Representatives from various social, civic, and town organizations will be present for the purpose of explaining and disseminating their scholarship applications to interested seniors.

Upon arrival, students and parents will receive a list of the organizations present with their table numbers. Included in this list will be the criteria for eligibility for each scholarship.

Students who are unable to attend the Fair will have the opportunity to pick up their applications in the guidance office the next day. Every student is responsible for sending the completed application to the scholarship organization. If information such as SAT scores or class rank is needed, the senior must obtain it from the guidance office. The AHS guidance office will not mail this information.

The Guidance Department staff encourages the participation of both students and parents in this worthwhile program. Also, those students who don't attend Agawam High School should also attend, since they may be eligible for some scholarships.

Chicken Dinner For Dal Molin Scholarship

The friends and family of Thomas J. Dal Molin will be sponsoring a chicken and ziti dinner on Saturday, February 26th, at Ferruccio's Restaurant (formerly Freddie D's), 1520 Main Street, Agawam, MA, across from Riverside Park.

Cocktail hour will be from 6:30 to 7:30 p.m., followed by dinner and dancing from 9:00 p.m. to ????. The proceeds will benefit the Thomas J. Dal Molin Hockey Scholarship.

Tickets are \$6 each and are available by contacting Mary Lou Vigue, 786-1959, or Kip Regnier, 786-9773.

(Tickets for the Third Annual Hockey Benefit to be held on March 19th [Springfield Indians vs. St. John] will also be available at the dinner.)

Ag. Little League Seeks 1994 Sponsors

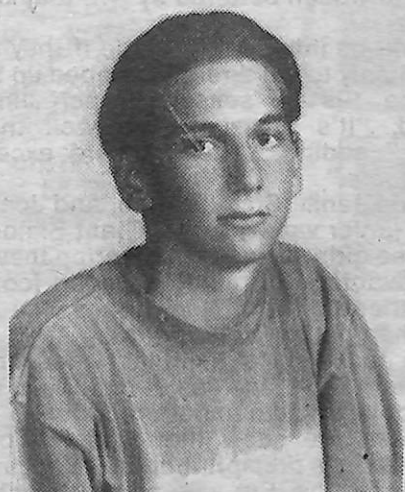
The Agawam Little League's 1994 season is fast approaching, and the league is looking for new sponsors.

Sponsors will be given 10 weeks of advertising in *The Agawam Advertiser News* when the league lists its standings. For a small cost, you can help the league defray the costs of buying equipment and uniforms.

If interested, please call Jeanne at 786-8342.

Congratulations Matt Bryant!

Number 1
Western Mass. Champ
Wrestling At 140 Lbs.



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Mom & Dad Murphy



Agawam High Guidance Report

by Paul C. Cavallo
Chairman

Note These Important Upcoming Dates!!!

This week's column is devoted to a calendar of events. Parents should cut this article out and tape it to the bulletin board for a handy referral. Any questions about any of the items should be referred to the high school guidance office.

1. Juniors who plan to take the SAT's in May will be given registration bulletins and a sample SAT test. The registration form must be mailed **NO LATER THAN APRIL 1ST** in order to avoid a late registration fee.

2. The Agawam Adult Education Program will offer a SAT preparation course to juniors. The class is being offered on Tuesday nights beginning March 15th and will run for seven weeks. No class will be held during the April vacation. Classes will begin at 6:30 p.m. and end at 9:00 p.m. Students will receive 1 1/4 hours of math instruction and 1 1/4 hours of the verbal. Registration for this class will be held on Monday, February 28th, from 6:00 p.m. to 7:00 p.m. in the guidance office at Agawam High School. A maximum of 30 students will be allowed in the class.

3. The annual College Fair will be held at the Big E on Sunday, March 13th, from 1:00 p.m. to 5:00 p.m., and on Monday, March 14th, from 9:00 a.m. to 1:00 p.m. It is my intent to take students to the Fair on Monday during the school day. This will involve a slight charge for each student since

I have to hire buses to transport students to and from the Fair. This field trip has proved to be a worthwhile event. The trip is open to juniors only.

4. I spoke to all Advanced Placement classes this past week for the purpose of explaining the A.P. testing program offered to students in May. The cost for each A.P. exam is \$71.00. Since I must order A.P. exams by the end of March, I have requested students make a decision about taking or not taking the test. I must have the money by Friday, March 25th, 1994. If a student pays for the test, but later decides not to take it, all but \$7.00 of the \$71.00 will be refunded. Checks must be made payable to **Agawam High School - A.P.**

GUIDANCE BULLETIN

COLLEGE ACCEPTANCES: CONGRATULATIONS!

Tim LeDoux: UMass, Monmouth College, Susquehanna Univ.

Erinn Wynne: Assumption.

Rose Pignatare: Sacred Heart Univ., Northeastern Univ.

Nicole Sawyer: Framingham State.

Michael Campion: Keene State College.

Jason DeForge: Keene State College.

Sara Kendall: Warren Wilson College.

Michelle Mercadante: Elon College, Sacred Heart Univ.

Chris Benjamin: Norwich University, UMass, Univ. of New Haven.

Tammy Leary: UMass/Dartmouth, Westfield State.

Mike Knodler: UMass/Dartmouth, WNEC, Westfield State.

Beth Fleury: Fitchburg State.

SCHOLARSHIPS: See your counselor for more information.

Springfield Garden Club Scholarship - Available to Springfield area students who plan to major in one of the following areas; horticulture, landscape design, conservation, botany, city planning, or land management. Students must have at least a "B" average and have financial need. Deadline: April 15th, 1994.

Metcalf and Eddy Services Environmental Scholarship - Open to students who plan to enroll in a full-time course of study in an environmental science or related curriculum. Deadline: April 1st.

A Special Offer To Figures & Fitness Members

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Despite the recent changes at Figures & Fitness in Westfield, Chicopee and Longmeadow, you can keep your commitment to a regular exercise program and save money with our special offer.

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in unused membership time too. Combine this offer with our exclusive 100% Money Back Guarantee and you just can't lose.

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*This special offer applies to two year premium memberships only. Other plans are available.



Sports

Wrestling WMass Championships...

AHS Waltzes To 8th Straight Title

by Bob Johnson
Advertiser News Sports Editor

It was a fight to the finish. Kurt Pelz of Amherst Regional High and Dave Schenna of Westfield High were in a dynamite duel on center stage. Both men circled each other and competed as if his life were on the line. Pelz would win the high school wrestling match by the score of 11-4, and his teammates and coaches spilled out onto the floor and celebrated as if the next step would be a trip to Disney World.

A half-hour later, perhaps buoyed by the big win by Pelz, Amherst's head coach received Coach of the Year honors and the Hurricanes went back up north as happy as clams. Oh, what a feeling!

The preceding scenario took place at the Western Massachusetts High School Wrestling Championships in Westfield last Sunday. It was a great moment for Amherst, and Westfield was happy to have a chance to compete on its own home turf.

There was just one minor detail that was overlooked. The Brownies of Agawam High School had already powered their way to their eighth straight WMass championship and had nearly lapped the 12-team field in the process! (Agawam 222; Amherst 151.5; Westfield 144.) And, somehow the mainstream media and the tournament's voters completely overlooked this rather large glob of orange (team members and fans) when it came time to hand out the hardware again.

This time, Coach Phil Tomkiel was beside himself. "I stand here every year and watch everybody else (except Agawam) get rewarded. Are these awards for nice guys or are they for winners? There is criteria that is supposed to be followed, and it is being completely overlooked," the veteran coach bristled.

With more than a small lump in his throat, Tomkiel continued, "The Amherst coach is a fine guy and I have known him a long time, but it is no secret that our (former) two-time New England champion Frank Demarines is as responsible as anybody for the rise of the Hurricanes. He taught those kids our moves, and he taught those kids how to win.

"But it was our kids that won, and it is the eighth straight time that they have. I think that it is time that our program starts getting rewarded for our great run of success." (Tomkiel will be getting rewarded soon, as it was learned this week that the 20-year coach of the Brownies will be inducted into the Coaches Hall of Fame during the State Tournaments. More to follow on that as the events take place...)

Tomkiel's points were well-taken. Year in and year out, he and his kids are overlooked when it comes to individual honors. This season, Tomkiel and Assistant Coach Tom Cascio took a squad with just one returning Western Mass champion (and just three seniors) and molded them into a most efficient unit.

Five AHS Matmen Survive Individual Competition

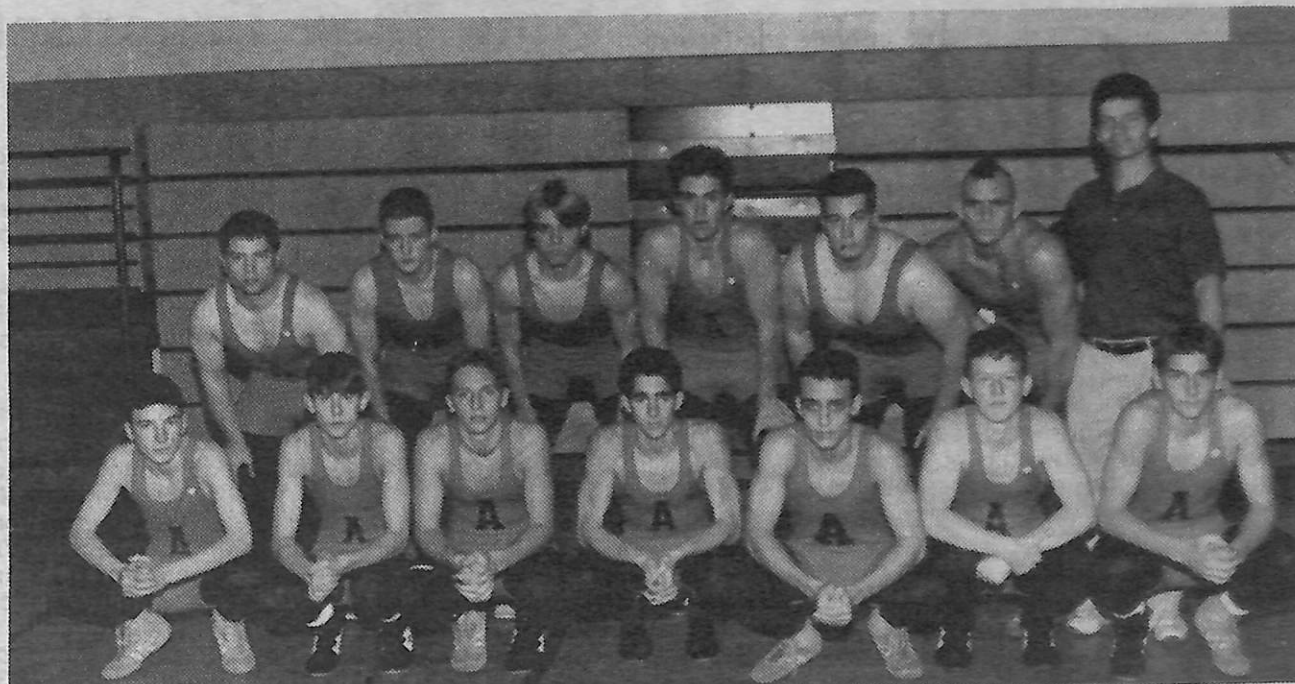
Agawam crowded seven kids into the Finals and five of them survived for thrilling individual championships. Kevin Willard pleased his coach, friends, and family by winning four matches in a row (three by pin) en route to defending his championship at 125 pounds. He pounded Malwin Davila of Putnam 17-9 to win the first of a handful of Brownie first-place belts.

It would be Matt Bryant who would bring the house down by leaving his heart and soul on the mat in a Finals effort against rugged Nelson Zeyes of Commerce at 140 pounds.

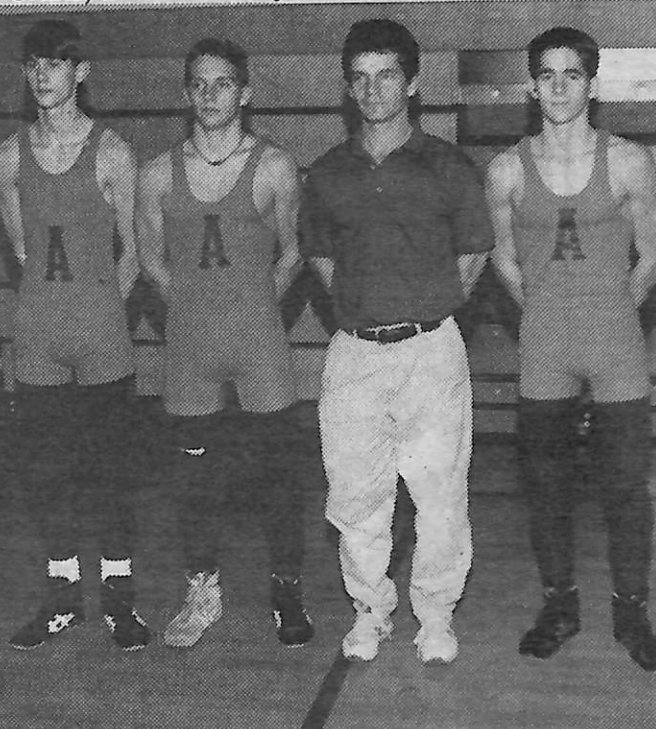
Bryant would be scorching hot throughout the season's final two months as he plowed through his weight class with relative ease and a pinner mentality. Faced off against Zeyes in the Finals, Bryant sleepwalked through the first two periods and was trailing 2-0 when he got his first opportunity to ride in the third period.

No problem. The junior simply put on a two-minute highlight reel as he got the legs in on Zeyes early and he powered him into the mat (earning two tilts along the way), and he won 6-2 as the Brownie fans rose in unison to salute the young man.

Kirk Parker kept his poker face on all day long as he went Pin-Pin-Pin all the way to his championship. He recorded one of just three pins in the Finals as he turned Rob Harrington of Westfield with a butcher early in the second and heard that wonderful sound of hand smacking mat at 2:31.



COACH PHIL TOMKIEL (back row, right) and 13 good reasons why AHS won its unprecedented 8th straight Western Mass. Division I wrestling title. Back row, from left - Chris Langdon, Kirk Parker, Eli Cook, Jonathan Jacobsen, Mike Poth, and Andrew Ingham. Front row - Chris Chechile, Chad Boucher, Chris Wilkie, Kevin Willard, John Scalise, Dennis Clark, and Matt Bryant. Advertiser News photo by Jack Devine.



COACH PHIL TOMKIEL (middle) and his 1993-94 varsity wrestling captains - Chad Boucher, Chris Wilkie, and Kevin Willard. Advertiser News photo by Jack Devine.

Instructional Hoop Program Coming To Fitness First

An instructional basketball clinic for players who wish to improve their basketball skills will be held during the winter school break on Tuesday, February 22nd, and Thursday, February 24th, at Fitness First Racquetball & Fitness Center in Feeding Hills. There will be two sessions each day; players can choose from the 10:00 a.m. to 12:00 noon session, or the 2:00 to 4:00 p.m. session.

The clinics will be instructed by Dana Rogers, a former collegiate Div. I player (Oklahoma State) and former professional player (W.B.A./Oklahoma Cougars). She currently holds the record for a hoop shoot contest sponsored annually at New England Health & Racquet for the Cerebral Palsy Association. She shot 97 out of 100 jumpshots from the free-throw line, and 66 of those being consecutive.

Dana will work with clinic participants on shooting mechanics/techniques and drills to improve ballhandling and dribbling skills.

The cost of the clinic is \$15 per session for members of Fitness First, and \$20 for non-members. Players can attend both sessions for \$25 (members) and \$35 (non-members). The limit is 10 participants per session.

For questions or reservations, please contact Dana at 786-1460.

AHS Skiing...

AHS Girls' Skiing Continues To Roll In Division C

by Shelly Michaels
Advertiser News Correspondent

The key word is "consistent." At the risk of sounding redundant, the Agawam High School girls' ski team is consistently consistent.

On February 3rd at Berkshire East, the girls once again snagged first place in the Slalom race. The times posted are as follows:

Ali Rusava, 38.81; Dyan DeLuce, 49.88; Diane Petrangelo, 53.01; Kim Graveline, 55.62; Jen DaSilva, 58.82; Kara McDade, 59.96; Erica Schlaffer, 63.03; and Megan Moriarty, 64.20.

Ali Rusava, a foreign exchange student from the Czech Republic, placed second in the entire division, while team captain Dyan DeLuce put in a seventh-place finish. Ali's time was so superior that while edging on the second-to-last gate, a fall occurred, turning her around backwards; however, she had the presence of mind to slide to the finish line (a legal maneuver) and still finish second in the division.

Collectively, the team is competing in a much higher level than the average division C teams. In fact, their scores are indicative of their capability to ski against division A teams, as their times have only been bettered by two teams in that division.

It will be interesting to see if they bypass division B only to get directly bumped up to division A for the 1994-95 season. Coach Jim Graveline stated, "It's amazing how well the girls are doing," adding, "The girls are exceeding their own goals."

Carie Janik, Cindy Alfano, and Joana Grillo skied junior varsity in the Giant Slalom race, and all three girls did well considering they didn't have the advantage of racing on good footing. By the time these girls hit the slopes, the course had less-than-perfect conditions.

The team skied their last race on Thursday, February 10th—and yes, they remain undefeated. With only single numbers registering on the thermometer, the snow that was left behind from Wednesday's precipitation initially gave good skiing conditions. But with so much activity on the hill, the course eventually became heavy, thick, and rutty, thus making it tough for the skiers to negotiate their turns.

SEE BROWNIES WIN TITLE -
continued on Page 37...

SEE GIRLS' SKIING - Page 37...

BROWNIES WIN TITLE - from Page 36...

Andrew Ingham got a lot more than he bargained for at 171 pounds, but he would reverse a 3-1 third-period deficit and win the match 5-3 over Chad Bouley of Cathedral. Ingham's rather large fan contingent saluted the sophomore with all those muscles and all that ability.

Brownie fans got used to Andrew getting his work done in 30 and 40 seconds, and he really showed some heart as he stood out there against a powerful opponent and came from behind in the biggest match of his life.

Jon Jacobsen showed some prime-time jitters as he fell behind Wilberto Santiago (5-0) early in his 189 title match, but he steadily got his pins under him and he roared all the way back for a 7-6 conquest to give Agawam its fifth champion.

Other champions crowned at the WMass Championships included Putnam's Abdul Shabazz (103); Central's Franco at 112; West Springfield's Jake Hogan, 119; Westfield's Chris Chelli at 130; Amherst's Dalwin Romito at 135; Hurricane teammate Sam Kline at 145; Pelz won at 160 for the Hurricanes; and Mike Germino picked up his victory for the Lancers of Longmeadow High at Heavyweight.

Chad Boucher wrestled from the number-two seed at 112 pounds, and he made those seedings hold true to form as he, too, reached the Finals only to drop an 18-5 decision to Central's Cruz Franco. Mike Poth pinned his way to the Finals in the heavyweight division. It was there that he would meet Longmeadow's Mike Germino. The two kids had traded pins during the regular season (and the Xmas tournament), but Germino would stand tall at Western Mass as he pinned Poth in 1:26.

Those seven wrestlers will all compete for Agawam at the States, along with Chris Chechile (103 pounds), John Scalise (130 pounds), and Chris Langdon (160 pounds). Chechile and Scalise picked up third place, and Langdon grabbed fourth. Kirk Hargis (135), Eli Cook (145), and Adam Tebaldi (119) will all hope to get an opportunity to wrestle, as each kid earned fifth-place honors and will be first alternates in case of injury or illness this weekend.

The State Tournament will be held at Lowell High School on Friday and Saturday (February 18th and 19th).

GIRLS' SKIING - from Page 36...

Regardless, the girls once again captured first place, followed by Hampshire and Belchertown. This win automatically qualified the team for the state championship, which will be held on March 2nd at Berkshire East.

The four best times were posted by Ali Rusava, 28.04; Kim Graveline checked in at 29.94; Erica Schlafter scored a 32.00; and Dyan DeLuce hit a 32.44.

Ali Rusava and Kim Graveline both placed in the top 10 in the division (third and sixth, respectively).

On the boys' side of the slopes, the Giant Slalom race held on February 3rd was somewhat disappointing. The team dropped two spots to sixth place, but judging from all of the previous races, we can ascertain that the Slalom event is definitely their strength.

The times scored as a team were very consistent with one another, but not nearly competitive enough with the times of the other teams in division B. However, February 10th brought much better results.

The Brownies placed an incredible third, beating their rival, Cathedral. Apart from the course being rutty due to soft snow, there was a layer of sheer ice underneath the powder, thereby rendering extremely tough skiing conditions.

Nevertheless, two members of the team placed in the top 10 in the division: senior Joe Scherpa (sixth) and Brandon Robb (10). Scherpa qualified for the state championships and stands 29th overall in the league.

The best times clocked in this Slalom race are as follows:

Joe Scherpa, 43.46;
Brandon Robb, 45.67;
Matt Bellico, 51.74; Andy Markowski, 53.41;
Paul Braccialarghe, 54.25; Justin Aldridge, 54.08; Todd Zern, 56.24; and Greg Weld, 58.73.

Coach Glenn Olsen exclaimed, "I'm very pleased with the team's performance. My expectations have been met." He concluded, "They did a great job in keeping consistent with their times."

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ads — AAN!

Conte's Lady Brownies Near Perfect Regular Season

by Bob Johnson
Advertiser News Sports Editor

Cyndi Stone and Kristin Schmaelzle set the pace early in the ballgame, as the big and talented Agawam High frontcourt blew to a big lead and the Brownies stayed undefeated by pasting the Terriers of West Springfield, 49-25 in front of a small crowd at AHS on Monday night (February 14th).

Agawam remained perfect at 17-0. Stone led all scorers with 18 points. Point guard Dina DeMarco checked in with 10, and Schmaelzle popped in eight points on a night when the regulars spent more time on the pine than they did on the floor.

The Brownies roared to an 11-2 start as Stone posted up for the first two buckets; DeMarco converted a Shauna Naciewicz steal and then powered home another one; and Schmaelzle put home a rebound and hit a free throw. The Agawam weapons were firing early, and Coach Deke Pillsbury of West Side had to bring his Terriers benchward.

Stone scored 15 in the first half and Agawam led 25-11 at the break. That margin swelled to 42-15 in the second half as the home team hit their neighbors with a 17-4 run fueled largely by DeMarco, who scored and passed brilliantly throughout.

Although the Terriers did not present a test for the Brownies on Monday, Agawam Coach Lou Conte had to be impressed with the passing game

that his team displayed. DeMarco has become an absolute magician with the rock, and the big people (Stone Schmaelzle, and Alison Jean) can all distribute the basketball, too. Naciewicz and Katie LaBreck are spotting cutters and post-ups down low as they operate from the corners.

Everything is clicking along beautifully as the team heads down towards those dangerous turf wars that await in Northampton (February 17th) and Longmeadow (February 22nd).

Following those toughies against their big-time rivals, the Brownies will go hunting for the Western Mass championship via the Western Mass Tournament. Conte is beginning to get revved up. He told us that he got his motor purring in Amherst in a recent 10-point win against the defending State Champs.

Despite the undefeated slate, Agawam is still battling for the top seed in the tournament. There are three or four teams that still have a shot at sitting atop the pairings perch when the season ends.

Northampton still has an outside shot to be up top, and the Berkshire teams (Pittsfield and Wahconah) have outstanding records and they are just waiting for the Brownies to stub their toes.

Brownie Boys Paste Falcons Again

by Bob Johnson
Advertiser News Sports Editor

The last time that the Agawam High Basketball Brownies played the Falcons of Minnechaug Regional High School, there was a party going down in Wilbraham. The Brownies mashed and mangled their way to an unbelievable 40 point win as seven of their nine players got into double figures.

Last Saturday night in Agawam, the Brownies proved their dominance over their Valley Wheel rival was no fluke the first time as they again dribbled and shot their way to a wire-to-wire 84-54 drubbing over the Falcons.

This time, only five Agawam kids found their way to the double digit scoring column, but it was poetic justice that Jim Baldyga and Joe Albano were able to turn the trick. Getting extra court time due to the nature of the ballgame, Baldyga and Albano (the only two not to get 10 the first time) scored 11 and 10 respectively, as the points piled up (just like the snow outside).

Agawam center Youriy Zdrak also did not score 10 or more in Wilbraham last month as that night turned out to be his final ineligible game following a long dispute with the MIAA. But, Minnechaug soon found out who he was as the big 6'9" Ukrainian transfer student stood tall enough to block nine big Falcon shots and then record 10 points of his own on the offensive end.

Todd Boskiewicz and Ryan Henderson turned out to be the big scorers on the night as the front court scorers scored 17 and 13 points, respectively.

Bitzas Gets Offense Going

Mike Knodler, Nathan Wooley, and Boskiewicz combined to get Agawam out of the gate with a

10-2 lead, but Minnechaug showed some early game heart as it chipped away and got back to a workable 10-7 deficit. Agawam shut down its own offense for over three minutes before Chris Bitzas hit a free throw to get them going again.

Agawam never really had any scoring lapses again as it suddenly erupted on a 11-1 spurt which sent the locals flying to a 22-8 advantage. Minnechaug's best player, Jay Beamon, ended that run with a gorgeous hoop off a great catch, but that would literally be the final highlight of the Falcon first half.

Henderson and Albano showed the way again as the Brownies took off from a 24-13 lead and upped that lead to 39-15 as the half wound down. When it was time to leave for intermission, Agawam had its chests out with a 43-21 bulge.

Truth be told, Minnechaug never closed the gap or even made a whimper. Mike Disa would get them going with a jumper to open the second half, but Youriy gave the Brownies a big spark by hitting two shots, and then made a terrific 30 foot bounce pass to Dan Bodman, who laid it in and sent Minnechaug to a timeout (facing an insurmountable 51-23 disadvantage with 13:48 to play).

The Brownies had done all that they needed to do as they rode home with their big 30 point win. The victory evens their Valley Wheel slate at 3-3 and ups their overall mark to 4-12. Agawam closes the season with games at Chicopee Comp, Westfield, and Longmeadow, along with one final home game against West Springfield (Feb. 22nd, Clifford P. Kibbe Gym).

Please remember that our deadline is each and every Tuesday at 12:00 noon.

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3-Point Bombs Put Westfield Over Top Vs. AHS Hoop, 66-59

by Bob Johnson
Advertiser News Sports Editor

Three point bombs killed the Brownies last Thursday night at Agawam High School. The Bombers were bombing away and Westfield High rode that timely spree to a tough 66-59 conquest over Agawam High in Valley Wheel action.

The Brownies knew who the shooter was as soon as he entered the gymnasium. Tim Laurita is known throughout the region as a clutch shooter from long range and he showed the Brownies his entire arsenal in the early going. He hit trifectas from several different spots and then canned a corner jumper that gave his club an early 13-7 advantage.

The Brownies got a timeout and put a chaser on Laurita and shut him down for almost the rest of the entire ballgame. He scored nine points in the first six minutes and only six points the rest of the way. The Brownies effectively took him out of the ballgame.

Uphill Climb For The Locals

The early outside onslaught put the homestanding Brownies on the uphill climb the rest of the way. They did grab the lead briefly once by chasing an 8-0 run late in the first half. Senior point guard Mike Knodler took over the game for a two minute span.

He rebounded a Dan Bodman missed free throw and knocked that home. He got fouled on the play and made his free throw. He then careened through traffic to score another goal. He took advantage of those two big pushes to step back behind the arc and drain a three of his own to give Agawam a 21-19 lead.

Westfield would provide a solid answer to that as it closed the first half with seven straight markers to take a 26-21 lead to the locker room.

Westfield came out with its cues chalked in the second half, too. The visitors began firing that three ball again. Jon Yvon swished one right from the first possession to up the lead to eight. And after Knodler connected from the left side, it was Laurita who would reappear with a trifecta from the top of the circle on the left side. Agawam trailed it by nine, but it had showed its fans a penchant for putting on the made dash late in the ballgames. It would happen again.

Bodman made a fine catch (and conversion) of a super Youriy Zdrak pass and Knodler streaked to the board to cut it to five. The Brownies kept fighting, but Westfield kept showing them just enough athletes and offensive production to hold off the hard-charging Agawam kids.

Nathan Wooley hit some free throws to bring Agawam within a handful again before the Bomber bench brigade of Dan Parks and Mike Butler quickly converted backcourt steals into buckets, putting the deficit back at nine.

Wooley Rocks The House

After watching his backcourt mate erupt in the first half, Wooley scored nine straight Brownie



MEMBERS OF THE 1993-94 Agawam High freshman boys' hoop team. Back row, from left - Coach Jeff Peterson, Jim Flood, Eugene Gates, Jason Malone, Jake Blair, and Jon Eggleston. Front row - Josh Kelleher, Todd Godfrey, Chris Bednarczyk, Mike Forastiere, and Chris Twarkins. Advertiser News photo by Jack Devine.

points by rocking the house with a three pointer and two flying-out-on-the-break deuces that sent Westfield to a timeout with 8:32 to play (and a 44-40 lead).

Derek Poole and Ryan Henderson got into the offense for a while as the Brownies stayed right there, but Westfield's Jeremy Pais and Chad Kasperowski were trading hoops with them. Todd Boskiewicz got out on the transition game and his bucket cut it to 48-46.

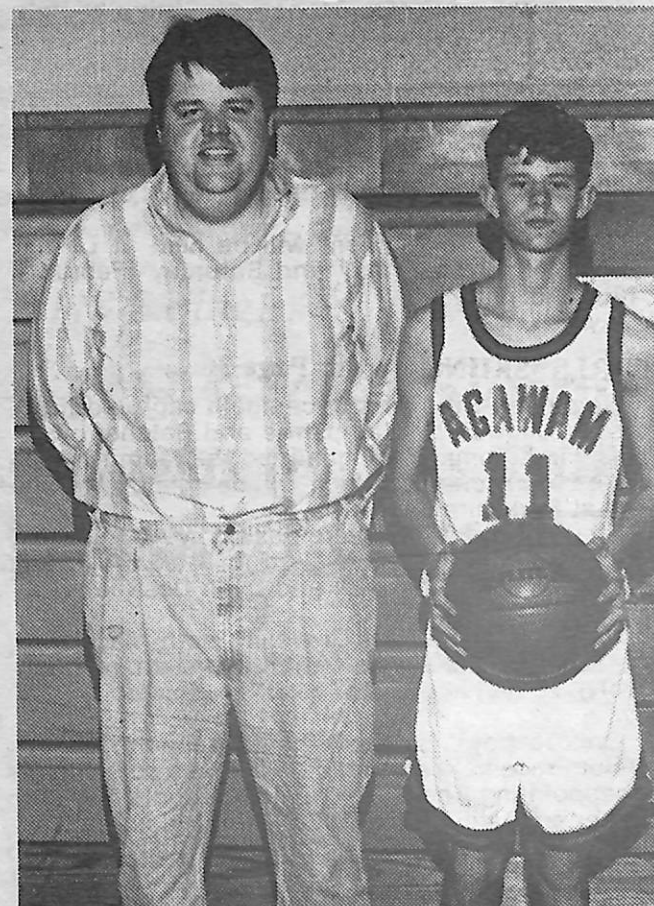
That's when the Bombers dusted off the Killer Threes. First it was Pais, then it was Jeff Hauk, and finally (Mike) Butler did it. Westfield had only one other hoop during that time (a Laurita breakaway) and the Brownies got two hoops from Zdrak and one each from Bodman and Wooley. But the Bombers led it by four again and time was running short.

Zdrak rebounded home a Knodler free throw miss to slice it to 59-57. Boskiewicz would have a chance to tie it with 2:09 to play as he stood with a one-and-one chance on the line. He missed and Pais made them pay by drilling a short one from the side. Zdrak fought another one home to cut it to 61-59. Those turned out to be the final Brownie points.

Westfield got a timeout with 53 seconds to play and made sure that the free throw shooters had the ball in their hands. Butler hit two, Hauk hit two, and Parks hit one. Start the bus.

The loss was damaging to the potential playoff hopes of the Brownies. Their overall mark slipped to 3-12. More importantly, their Valley Wheel mark fell to 2-3 and the Brownies must place either first or second in the league in order to qualify for post-season.

JV Hoop Captain



AGAWAM HIGH boys' junior varsity Coach Gary Eggleston is pictured with his 1993-94 team captain, Jim Baldyga. Advertiser News photo by Jack Devine.

NO ONE covers local sports each week like Bob Johnson, only in The Advertiser News.

Warren J. Jacks, Jr. Attorney At Law

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The Tonya Harding Fan Club???

by Bob Johnson
Advertiser News Sports Editor

If that guy had ever gotten the Zamboni out of first gear, I might have seen the overtime period of the Beanpot Hockey Championship game. Spinning around the dial, the final frantic seconds of regulation between Harvard and Boston College got my attention somehow and I decided to check out the overtime session.

But, the long delay before action commenced caused me to miss that 50-foot slapper that gave the Eagles their first Beanpot title in 11 years...

Imagine if she could have gotten some media exposure?! The TONYA HARDING fan club doubled from 400 to 800 over the last month. That club president ought to be shown the door, wouldn't you say?...

Back to the Future: MICHAEL JORDAN gets promoted to the major leagues and immediately offers ROBIN VENTURA \$1 million for the rights to his number 23 jersey. Nike and McDonald's could have a little fun with that scenario...

Hate to pound DERRICK COLMAN two weeks in a row, but did you read where he wants to have a "No Practice" clause in his contract? He wants \$90 million and he only wants to show up on game day.

Maybe they'll use his mannequin at practice, eh? Nice message for our children, Derrick...

Each of the last four basketball/baseball combination players has won an NBA championship (or more) while playing hoops. CHUCK CONNORS, GENE CONLEY, and DANNY AINGE won them as Celtics, and DAVE DEBUSSCHERE did it as a New York Knick.

Jordan will be the fifth to join that club if he can get his baseball ability close enough to get called up to the bigs...

Eighties Trivia: One basketball question; one hockey question; one baseball question. Here goes: Which NBA player scored the most points in the Eighties? Hockey anyone? I scored 44 goals as a Bruin rookie in 1981-82. Who am I?

On to baseball—only two teenagers hit homers in the big leagues during the decade. Who were they? Answers below...

These race car drivers have to be getting tired of losing their friends, and this year's Daytona is just one more example of the insanity that reigns in that sport. The tragedies are just not spaced enough, and there seems to be overtones of sadness all the time.

God knows that it is exciting and all that jazz, but the sport has to wake up and save a few lives somehow...

TERRY MULHOLLAND, JIMMY KEY, JIM ABOTT. How would you like to face those three in a weekend series at the House that Ruth built? The Yankees are going to sweep some three-game sets at home with those portersiders this season...

For the record, I am not as mad at JOHN CHANEY as most people in these parts are. His actions could not go unnoticed or unpunished, but it is difficult to watch the whippersnappers from the generation below you begin to change some of the rules.

Everybody resists change and Chaney can feel the changing of the guard and the shifting in the balance of power in his league. JOHN CALIPARI has been an impact factor since joining the A-10 at UMass, and he represents a huge threat as far as becoming the big cheese in the league. He might already be the top banana, and don't let anybody tell you that these guys don't have king-sized egos.

Chaney had had a squeaky-clean, almost-revered, media presence since I first learned of him, and this incident only serves to bring him down the pedestal a peg or two. No biggie...

Do you ever wonder what people in sports do after they make a terrible decision regarding their

contract situation? Let's look at JODY REED, formerly of the Red Sox and Dodgers.

The LA people offered him an \$8 million three-year deal, but he turned them down. Now, he had to fight and scratch to sign a one-year, non-roster minor league deal with the Milwaukee Brewers for \$350,000.

I wonder if he is shopping for a new agent after this one analyzed the marketplace so well...

Basketball Trivia Answer: ALEX ENGLISH of the Denver Nuggets scored 21,018 points during the 1980's, more than anybody else. Hockey Trivia: BARRY PEDERSON was the Bruin rookie who lit the lamp 44 times in '81-'82. Baseball Trivia: KEN GRIFFEY, JR. and GARY SHEFFIELD were the only two teenagers to homer in the big leagues during the Eighties. Both were 19 years-old at the time...

I would have stayed at third! RICK MANNING cracked a 10th-inning single that scored the game-winning run in a game between the Indians and the Brewers back in 1987. In the on-deck circle knelt PAUL MOLITOR with his 39-game hitting streak on the line.

As the runner crossed the plate, Molly's streak ended. Nobody would have cared if the guy stayed on third—it was the Brewers and the Indians!

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Ag. Recreation Dept. Offers Variety Of Winter Programs

High School—Open Gym:

Adult open gym at the Agawam High School will resume on Monday and Wednesday evenings beginning Monday, February 28th, and Wednesday, March 2nd.

The new hours will be 7:00 to 9:00 p.m., and the session will run through the end of March. The charge is \$2.00 per person (pay the supervisor at the door).

This program is available to town residents only!

Recreational Open Swim Periods:

The pool at the Agawam Junior High will be open for public swim for youth and adults on Sunday afternoons from 2:00 to 4:00 p.m., and Monday evenings from 7:00 to 9:00 p.m.

It is recommended that you leave no valuables in the locker room or pool area. **A lifeguard will be on duty.** No cut-offs or disposable diapers will be allowed. All children under the age of 10 must be accompanied by a parent or guardian.

Charge: Effective March 1st, 1994

\$2.00 per person - age 10 & up
\$1.00 per person - under age 10

Perry Lane Nursery School:

The Perry Lane Nursery School (the little red schoolhouse at Perry Lane Park) is accepting new registrations for the fall of 1994.

This program is for children who will turn three or four years of age by September 30th, 1994. For information, call 786-0400, extension 456.

Session: September 12th, 1994 to May 19th, 1995

Time:

3 years - Tuesday/Thursday, 9:00 to 11:30 a.m. (filled)

3 years - Monday/Wednesday, 12:30 to 3:00 p.m. (available)

4 years - Monday/Wednesday/Friday, 9:00 to 11:30 a.m. (filled)

4 years - Monday/Wednesday/Friday, 12:30 to 3:00 p.m. (available)

Fee:

3 years old - \$50.00 per month

4 years old - \$65.00 per month

Staff: Gina Frasco, Director; Dolly Biza, Teacher
Registration is daily Monday thru Friday, from 9:00 a.m. to 4:00 p.m., in the recreation office located in the lower addition to Agawam High School (follow the lower right driveway).

Mass. Exhibitors At 1994 Spfld. Camping & Outdoor Show

Dozens of camping-related exhibitors from Massachusetts will be displaying the latest in recreational vehicles and camping equipment during the four-day Springfield Camping & Outdoor Show, scheduled for Presidents' Day weekend February 18th through 21st. Among the many exhibitors from throughout the Bay State will be Beaver Camper Service from Feeding Hills.

The Show, located on the Eastern States Exposition grounds in West Springfield, MA, is entering its 32nd year, and features over 140 exhibitors from New England and beyond. The dates and times for the Show are as follows: Friday, February 18th, 4:00 to 10:00 p.m.; Saturday, February 19th, 10:00 a.m. to 9:00 p.m.; Sunday, February 20th, 11:00 a.m. to 8:00 p.m.; and Monday, February 21st, 10:00 a.m. to 6:00 p.m.

Sportsmen's Corner

—By Bill Chiba—
1003 No. Westfield St.
F.H., MA 01030



Ahhhh ... The Joys Of Perch Fishing

I like perch fishing all year long. Why? I enjoy eating them. As far as I'm concerned, perch eating is better than trout and salmon; next to perch are bullheads.

I know—a lot of fish eaters turn up their noses at the thought of eating bullheads. They are picturing in their minds what the fish looks like before it is dressed out for eating. Horn pout (bullhead) is much sought after in New York state and is on the menus of all the fashionable eateries.

There are two ways you can prepare perch for the pan. Filleting is one method; Hank Daglio desires them this way. To me, filleting wastes a lot of good meat, and it takes a lot of perch to make a meal.

I skin the perch and cut the rib cage out with a pair of scissors (this method gives me all the white meat of the perch). Plus, after they have been fried in oil to a nice brown color, you can take out the backbone with a twist of the body and have the complete fish to eat.

The same method of skinning used for perch can be done with calico bass, blue gills, and crappies. All three species are succulent eating.

Not only is the Connecticut River basin from the mouth of the river to its head in New Hampshire being considered for a wildlife refuge classification; Cape Cod is also being mentioned as one.

The Cape consists of 2,800 acres of pine barrens, ponds, streams, and saltwater marsh. The land located in the towns of Mashpee and Falmouth includes 1,540 acres of private land and 800 acres of state- or town-owned holdings. The balance is privately-owned land subject to conservation easements.

A group of canoeists who want the rivers in Massachusetts returned to their pristine past, filed a bill that would create a "green belt" from 25 feet to 150 feet the length of the Connecticut River in Massachusetts. They conned the organized sportsmen to back the bill under false reasons for establishing the green belt, and the sportsmen fell for the bait.

The Audubon Society, which operates the Arcadia Park in Northampton, let the cat out of the bag.

I was up visiting the water-skiing club one day last summer while my son and his son were skiing

on the river. I strolled towards the Arcadia boundary and met a gentleman and his wife who were watching the skiing on the river.

"It is nice that the ski club has this stretch of water to put their shows on and to be able to practice on during the week," I stated. "They won't be doing it for long if our Green Belt Bill is passed. They will be out of business, and so will the Oxbow Marina," replied the husband.

"Oh, how do you figure that?" I asked in bewilderment. "The bill opens the door for suits under the environmental laws. The high-speed boats wash their waves up on the shores of the river and cause erosion of the banks," he replied.

This was the first time I heard of the Green Belt Bill. I have investigated and the farther I get into it, the more disgusted I get. In a heated argument with Mr. Dudek (owner of the Oxbow Marina), the sponsor of the bill boasted that before he was done, there would be just canoes on the river and the million-dollar marina would be out of business.

At an affair, I sat at the same table with two councilmen from Northampton and asked them their position on the Green Belt Bill. To my amazement, they didn't know what I was talking about. I explained and introduced them to Mr. Dudek, who went into a detailed picture of what it would mean to the city of Northampton.

The green belt would be state property and would affect the 5,000 boaters and campers that use the river between Northampton and Holyoke during the summer.

The environmentalists could call for an impact study and tie up the use of the river by boaters and campers anywhere from two to 10 years before the judgement by the courts.

The Green Belt Bill hasn't been passed yet. The canoeists are not waiting. They have, in some way, convinced the Department of Fisheries and Wildlife and environmental law enforcement to regulate 13 miles of the river for canoeists by putting a six mile-an-hour speed limit from Hatfield to Gill (thus eliminating bass fishing on this stretch of river that is known for its excellent bass fishing). A hearing was held in Sunderland Grammar School, and three-fourths of the people in attendance were anti-fishermen and anti-motorboaters.

I don't understand the position of the DFW being with the canoeists. Who fattens the Department with the most money—the boaters, the fishermen, or the canoeists? It is a weak argument of the Department when they stress that their concern is to avoid accidents on the river.

The canoeists say that the motorboaters are unruly and threaten the canoe paddlers when they both are on the river. I fish a pond in Becket and if I get to the boat ramp after the canoeists, I cannot launch my boat because the truck that carries the canoes is parked on the ramp right-a-way (so you cannot back a boat into the water).

If I am fishing and want to go home before the canoeists return, I cannot pull my boat out of the water until they leave. When I talked to the driver about his parking so, he replied, "Tough." I wished I was just 20 years younger.

I suggest that all fishermen and boaters send a card to the DFW and their Reps. and Senators against the Green Belt Bill and the speed regulations.

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week with our mighty hunter, Bill Chiba.**

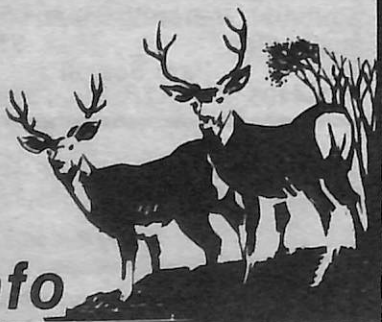
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Agawam Athletic Association Boys' Basketball Standings

8-10 NATIONAL DIVISION

EAST	W	L
Lion's Club	3	2
J.W. Wimpy's	2	3
Gino's Package	2	3
Alvin's	0	5

WEST	W	L
Provin Mt. Farms	5	0
CHH Engraving	5	0
Aldrich Ins.	3	2
Rackliffe Locksmith	0	5

8-10 AMERICAN DIVISION

NORTH	W	L
Pignatere Texaco	5	0
Colonial Funeral Home	3	2
Valenti's Restaurant	0	5
Westfield Savings	0	5

SOUTH	W	L
Unico	5	0
Village Lounge	5	0
Grimaldi & Burzdak	2	3
Agawam Police	1	4

10-12 DIVISIONS

AMERICAN	W	L
Briggs & Starr Ins.	5	1
E.B.'s Specialty Chicken	3	3
Corner Deli	3	3
Prof. Traffic Systems	3	3
Fran's Restaurant	0	6

NATIONAL	W	L
Spirit Shoppe	5	1
Auth Fuels	5	1
Valenti's	4	2
Agawam Opticians	1	5
Movie Mart	1	5

13-15 DIVISIONS

AMERICAN	W	L
Auth Fuels	5	1
Briggs & Starr Ins.	5	1
EB's Specialty Chicken	2	4
Provin Mt. Farms	2	4

NATIONAL	W	L
Fran's Restaurant	6	0
Worldtek Travel	2	4
Agawam Opticians	1	5
F. Hills Pharmacy	1	5

Agawam Athletic Association Girls' Basketball Standings

8-10	W	L
Worldtek Travel	5	0
Westfield Savings Bank	4	1
Aldrich Insurance	3	2
Agawam Police	2	3
Prof. Traffic Systems	1	4
Agawam Auto Sales	0	5

11-13	W	L
Aldrich Insurance	5	0
Grimaldi & Burzdak	4	1
Corner Deli	3	2
Provin Mt. Farms	2	3
Movie Mart	1	4
Village Lounge	0	5

Daggett Gymnastics Hosting Tournament At Springfield College

The Tim Daggett National Invitational will be held Saturday and Sunday, February 19th and 20th, at the Springfield College Arena. It is the fifth year of the Invitational Tournament, and this year it will be the largest competition in the country for boys Class 6 through Elite, the Olympic Class.

The 1993 National Champion from Elite Class, Jeff LeValle, is expected to compete. LeValle trains at Tim Daggett's Gold Medal Gymnastics in Agawam, along with 19 other members of Daggett's boys' team. Prior to the upcoming Invitational Tournament, the members of Daggett's Elite Class competed in Colorado in the National Winter Junior Olympics.

Over 480 boys from all over America will compete in six events over two days: Still Rings, Floor Exercise, Parallel Bars, Pommel Horse, Vault, and High Bar.

The public is invited. The meet runs from 10:00 a.m. to 5:00 p.m. both days.

Amy Marcotte Receives Varsity Letter For Competing On Trinity X-Country Team

Amy L. Marcotte, daughter of Mr. & Mrs. Andrew Marcotte of 107 Fox Farms Rd., Feeding Hills, has been awarded a varsity letter for her participation on the Women's Cross Country team this past fall at Trinity College in Hartford, Connecticut.

Marcotte, a 1992 graduate of Agawam High School, is a sophomore, majoring in physics and engineering, at Trinity.

Trinity, founded in 1823, is a coeducational, nondenominational college located in Connecticut's capital city. Approximately 1,800 students from 26 states, two U.S. territories, and 24 foreign

countries are enrolled.

Trinity offers a liberal arts curriculum through general education requirements, while offering every student the flexibility to experiment and acquire specialized training in any of the College's 30 major fields.

Trinity maintains a 10 to 1 student-faculty ratio in the classroom and offers numerous opportunities for learning beyond the classroom, including public and private sector internships, volunteerism, and an active city cultural and social life.

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AAA Piranhas Whip South Hadley Swimmers

The Agawam AA Piranhas swim team made a strong showing in their January 15th, 1994 meet against the South Hadley Swords. The team won 457-313 in the event held at the Agawam Junior High School. The results included:

Girls' 8 & under:

In the 100-yard medley relay, the team of Lauren Fox, Bethany Reid, Julia Weisgerber, and Katie Gorman placed first.

The team of Allison Morris, Katie Gorman, Jill Kos, and Brittany Theriaque placed first in the 100-yard freestyle relay; the team of Lauren Fox, Genevieve Wojcik, Bethany Reid, and Leigh Stepanian placed second.

Brittany Theriaque, second, and Allison Morris, third in 25-yard freestyle.

Jill Kos, first in 25-yard butterfly.

Katie Gorman, first in 50-yard freestyle.

Brittany Theriaque, second, and Allison Morris, third in 25-yard backstroke.

Bethany Reid, first in 25-yard breaststroke.

Boys' 8 & under:

In the 100-yard freestyle relay, the team of Paul Lagasse, Ben Bruso, Jeff Lagasse, and Daniel Adamski placed first; the team of Eric Ramstrum, Kyle Ramstrum, Jamie Lewin, and Doug Duquette placed third.

Daniel Adamski, first, and Doug Duquette, third in 25-yard freestyle.

Paul Lagasse, first, and Jamie Lewin, third in 50-yard freestyle.

Doug Duquette, first, Eric Ramstrum, second, and Sean Bruso, third in 25-yard backstroke.

Tom Gorman, first in 25-yard breaststroke.

Girls' 9-10:

In the 200-yard medley relay, the team of Victoria Conti, Lisa Menzone, Kyleigh Egan, and Kelly Curry placed second; the team of Ashley King, Lucy Young, Kaitlin Morris, and Christina O'Brien placed third.

The team of Hilary Golas, Christina Climo, Kara Gilhooly, and Amanda Fox placed first in the 200-yard freestyle relay; the team of Victoria Conti, Ashley King, Kaitlin Morris, and Lucy Young placed second.

Hilary Golas, first, and Kara Gilhooly, third in 100-yard individual medley.

Christina Climo, second, and Kyleigh Egan, third in 50-yard freestyle.

Amanda Fox, first, and Kyleigh Egan, third in 50-yard butterfly.

Amanda Fox, first in 100-yard freestyle.

Hilary Golas, first, and Victoria Conti, second in 50-yard backstroke.

Christina Climo, first, and Lisa Menzone, third in 50-yard breaststroke.

Boys' 9-10:

Josh Lewin, third in 100-yard individual medley. Ryan Sullivan, first, Nathan Adamski, second, and Ryan Hanley, third in 50-yard freestyle.

Brian McGuire, first, and Joseph Santaniello, second in 50-yard butterfly.

Brian McGuire, second, and Ryan Hanley, third in 100-yard freestyle.

Joseph Santaniello, second, and Nathan Adamski, third in 50-yard backstroke.

Ryan Sullivan, first, and Josh Lewin, third in 50-yard breaststroke.

Girls' 11-12:

In the 200-yard medley relay, the team of Jessica Jensen, Jennifer Reid, Shannon Costa, and Melissa Sparver placed second; the team of Kimberly Ziemba, Jennifer McGuire, Allison Pisano, and Katie Theroux placed third.

The team of Kimberly Sullivan, Sarah Nacewicz, Jillian Abdow, and Caitlin Weisgerber placed first in the 200-yard freestyle relay; the team of Kimberly Ziemba, Jennifer McGuire, Jessica Jensen, and Alicyn Siano placed second; the team of Katie Theroux, Sarah Bates, Jennifer Reid, and Lauren Kunkler placed third.

Kimberly Sullivan, first, and Allison Pisano, third in 200-yard individual medley.

Caitlin Weisgerber, first, and Melissa Sparver, third in 200-yard freestyle.

Jillian Abdow, second, and Shannon Costa, third in 50-yard freestyle.

Caitlin Weisgerber, first, and Sarah Nacewicz, third in 50-yard butterfly.

Allison Pisano, second, and Jennifer McGuire, third in 100-yard freestyle.

Kimberly Sullivan, first, and Kimberly Ziemba, second in 50-yard backstroke.

Shannon Costa, first, and Jennifer Reid, second in 50-yard breaststroke.

Boys' 11-12:

Thomas Graveline, third in 50-yard freestyle.

Nick Duquette, second, and Tom Casiello, third in 100-yard freestyle.

Nick Duquette, third in 50-yard backstroke.

Jeff Robinson, second in 50-yard breaststroke.

Girls' 13-14:

In the 200-yard medley relay, the team of Kelly Robinson, Danielle Deforge, Eileen Daly, and Kelli Kunkel placed first; the team of Jessica Degray, Kathryn Smith, Gina Cellili, and Marci Rackliffe placed second.

Natalie Piccin, second, and Gina Cellili, third in 200-yard individual medley.

Eileen Daly, first, Tara Rivkin, second, and Abby Turner, third in 200-yard freestyle.

Kelli Kunkel, second, and Tara Rivkin, third in 50-yard freestyle.

Eileen Daly, first, and Danielle Deforge, third in 100-yard butterfly.

Natalie Piccin, second, and Darcy Bates, third in 100-yard freestyle.

Kelly Robinson, first, Gina Leclair, second, and Jessica Degray, third in 100-yard backstroke.

Danielle Deforge, second, and Darcy Bates, third in 100-yard breaststroke.

The team of Natalie Piccin, Tara Rivkin, Kelly Robinson, and Kelli Kunkel placed first in the 200-yard freestyle relay; the team of Jessica Degray, Marci Rackliffe, Gina Leclair, and Gina Cellili placed second; the team of Abby Turner, Kathryn Smith, Darcy Bates, and Nicole Vince placed third.

Girls' 15-18:

Rachel Niemiec, first in 200-yard individual medley and first in 100-yard backstroke.

Boys' 15-18:

Chad Abdow, first, and Sean Sumner, second in 200-yard freestyle.

Sean Sumner, second in 50-yard freestyle.

Jonathan David, second in 100-yard butterfly.

Tim Church, first, Jonathan David, second; and Chad Abdow, third in 100-yard freestyle.

Tim Church, first in 100-yard breaststroke.

Agawam Little League Slates Final Sign-Ups

Due to the snowstorm last weekend, the sign-ups for the Agawam Little League's 1994 season will be held again on Wednesday, February 23rd, from 6:00 to 8:00 p.m. at the Community Room of the Agawam Library. The cost is \$30 per player (which includes pre-paid raffle tickets); this will be the final sign-up for the 1994 season—don't miss it!

Late sign-ups will be taken the week of school vacation (except Monday): Tuesday through Friday, February 22nd through 25th, from 9:00 a.m. to 4:30 p.m. at the Park and Recreation Office (next to Agawam High School on Cooper Street).

These applications will be on a first-come basis until the rosters are filled. No applications will be taken after February 25th; your named will be put on a waiting lists.

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Baywest Bulldogs Are Crowned Tourney Champions

During the Christmas vacation, the Baywest Bulldogs were the champs in the holiday hockey tournament held in Groton, Massachusetts. During the four-day tournament, the team won three of its four games, including the New Year's Eve championship game against previously-undefeated Assabet Valley.

In game one, the Bulldogs showed their offensive punch with an 8-2 victory over the host Groton team. Leading the way offensively was team captain Jared Taillefer, who scored three first-period goals. Andy Pevlin also had two goals for the winners.

Other goal scorers were Mike Czepiel, Craig Dougherty, and John Tisdell. Assists went to CJ Santaniello (two), Jared Taillefer (two), Ames Slate, Eric Barkyoub, and Nick Paier.

Chris Marshall played a solid game in goal for the Bulldogs. The excitement was also increased by a penalty shot awarded to the Groton team when a Bulldog player fell on the puck in the goal crease.

In game two, the Bulldogs lost 3-0 to a very defensive-minded Assabet Valley, an all-girls' team. The game was essentially a one-goal game throughout most of the contest.

Assabet Valley scored early in the first period, and then put the game out of reach with a beautiful goal midway through the third period. Assabet's third goal was an empty netter, as the Bulldogs pulled its goaltender Andy Pevlin in favor of the sixth skater.

Although the Bulldogs outshot and outplayed their opponent, they just couldn't seem to put the puck in the Assabet net. Several Bulldog shots hit the post, while several others were stopped by an outstanding Assabet goalie. In its first three games of the tournament, Assabet Valley did not allow a single goal, posting three consecutive shutout victories.

In game three, it was do-or-die for the Bulldogs, who needed to beat their Concord opponent in order to qualify for the championship game. In a very exciting game, the Bulldogs tallied twice late in the third period to earn the victory.

John Tisdell opened the scoring early in the first period with a behind the net pass from CJ Santaniello. Nine seconds later, Jared Taillefer scored with an assist from Nick Paier to make it 2-0. After Concord tied the game minutes later, the lead changed hands several times until Concord went ahead 7-6 with only four minutes remaining in the third period.

Jared Taillefer then went to work, scoring his third and fourth goals of the game 12 seconds apart with under five minutes remaining in the third period on assists from Andy Pevlin, Craig Dougherty, and Chris Marshall. Other goal-scorers were Chris Marshall, Andy Pevlin, and William Kunasek.

Other assists went to Jason Callahan, John Tisdell, and Andy Pevlin. Ames Slate played well in goal for the winners with 14 saves, many late in the third period.

In the championship game, the Bulldogs outlasted previously unbeaten Assabet Valley on a nailbiter.

Nick Paier broke the scoreless shutout midway through the first period with an unassisted goal. The first period ended in a 1-1 tie. The Bulldogs then scored three unanswered second-period goals by Jared Taillefer (two) and John Tisdell. The second period ended with the Bulldogs in the lead 4-1.

After defenseman Eric Barkyoub appeared to put the game away in the third period with his first goal of the season, Assabet Valley came back with two goals midway thru the period to cut the Bulldogs' lead to 5-3. Although Assabet Valley had many scoring chances to tie the game, goalie Chris Marshall did not allow another goal, thereby preserving the victory.

In an awards ceremony immediately following the championship game, each Bulldog player and coach received a championship trophy. Jared Taillefer was voted "Most Valuable Player" in the Adams Division by the Tournament Committee and received a trophy for his heroics. In a true show of sportsmanship and mutual respect, each Bulldog player presented each Assabet Valley player with a carnation.

In addition to the players, congratulations are also in order for the Bulldog coaches—Chris Wyler, Howie Pevlin, and John Tisdell. The parents sincerely thank these men for their hard work, dedication, and patience in teaching the game of hockey to the young players.



TEAM MEMBERS OF THE Baywest Bulldogs were recently crowned champions of a holiday tournament in Groton, Mass.

Bay West Blazers Hockey Continue Winning Ways Vs. Area Teams

The journey for the Bay West Blazers continued recently with two contrasting games. The first was a short trip to the West Side Olympia for an early morning battle with WTM.

The team skated well in the first period and jumped out to a 1-0 lead when a breakaway left the WTM goalie with a defenseless feeling. The same thing happened early in the second period as the lead increased to 2-0.

The remainder of the game seemed to stress more physical play and less skating and passing. The result was a 5-2 victory.

Sunday, the journey was truly a journey as the Blazers travelled to Lowell for an independent game with Tyngsboro. The team was flying from the opening faceoff and maintained that intensity and skating level until the final whistle as they melted their hosts 8-1.

Everyone played well in this game as both lines

of Brian Flaherty, Tony Leclair, Seth Cassidy, and Glenn Stevens, Marcus Susen, and Dave Roberts really did a nice job of forechecking, backchecking, and passing.

The defensive corp of Brian DeChristopher, Mike Tenczar, Shaun Allard, Mike Garrity, and Doug Buch were very aggressive in terms of holding the blueline and cleaning out the goal area, leaving goalie Brian Coombs feeling like the Maytag repairman.

Marcus Susen and Tony Leclair did a fabulous job of winning and controlling faceoffs while Shaun Allard, playing forward at the end of the game, looked like he knew what he was doing as he one-timed one into the net.

The team's performance was certainly worth the trip. Keep it up, guys! The Blazers now sport a 9-0-0 league record and a 28-5-1 overall record.



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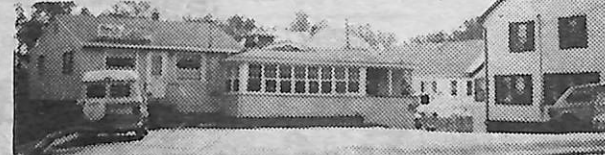
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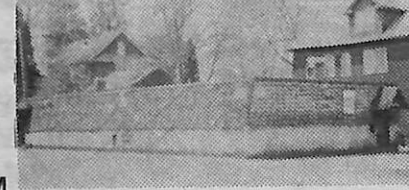
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REHAB GAB - by Bob Kusmeski, MEd, AHS Trainer

Pay Heed To "You Are What You Eat"

In the last installment of ReHAB Gab, I explained about the nutrient groups necessary for a healthy body. This week, I would like to address the topic of where these nutrients come from and some hints on eating for success in the athletic arena.

Food is categorized into four groups. I will list the group, some examples, and recommended servings for each group.

FOOD GROUP: Meats and alternatives. Beef, poultry, fish, shellfish, dry peas and beans, nuts, soybeans.

RECOMMENDED SERVINGS AND EXAMPLES: Two servings daily:

- 2-3 oz. cooked lean meat, fish or poultry
- 1 cup cooked dried beans, peas, or lentils
- ½ cup cottage cheese
- ½ cup nuts or seeds
- 2 eggs

FOOD GROUP: Milk and milk products. Whole, skim, low-fat, evaporated, or chocolate milk, buttermilk, non-fat dry milk, yogurt, ice cream, and cheeses.

RECOMMENDED SERVINGS AND EXAMPLES: Two to four servings daily:

- 1 cup milk
- ¾ cup yogurt
- 2 oz. cheddar or processed cheese

FOOD GROUP: Fruits and Vegetables. All fruits and vegetables - fresh, canned, or frozen, cooked, raw, or their juices.

RECOMMENDED SERVINGS AND EXAMPLES: Four to five servings daily. Include at least two vegetables:

- ½ cup vegetables or fruits
- ½ cup juice - fresh, frozen or canned
- 1 medium sized potato, carrot, tomato, apple,

orange, or banana

FOOD GROUP: Breads and Cereals. All whole grain or enriched fortified breads and cereals, macaroni, spaghetti, noodles, white or whole grain flour, tortillas

RECOMMENDED SERVINGS AND EXAMPLES: Three to five servings daily:

- 1 slice bread
- ½ cup cooked cereal
- ¾ cup ready-to-eat cereal
- 1 roll or muffin
- ½ cup cooked rice, spaghetti, or noodles

In preparation for athletic competition, two areas of nutritional concern for the athlete and coach are fluid intake and the pregame meal.

When training or competing, there are a few guidelines the athlete should follow. First, drink one pint of cold water 15 to 30 minutes before exercise. This will keep the body cool for a longer period as exercise is initiated.

Second, avoid drinks with a high sugar content within the hour of exercise. This includes soda and fruit drinks. The high sugar content will affect water absorption. In most cases, drinking plain water is very effective and inexpensive as a means to replace fluids.

The commercial sports drinks that provide electrolyte replacement are not needed unless the athlete is engaging in events such as ultramarathons.

Pre-event meals are becoming more popular with coaches and athletes. A misunderstanding these groups have is pre-event nutrition should begin 48 hours before the game or competition, not just the meal before the contest.

Another consideration is endurance or sustained effort sports (road racing, cross country skiing, soccer) will be more affected by pre-event nutri-

tional practices than the sports involving sudden bursts of all-out energy (basketball, football, softball, swimming).

When engaging in the practice of pre-event nutrition, there are directions the athlete should follow.

Eating three to four hours before the competition is important. This time allows the foods to clear the stomach and avoid discomfort while playing.

The athlete should avoid foods high in fat, protein, and sugar content. Fats will not clear the stomach in time for the athlete to start competition, and will use energy to be stored or broken down into usable energy.

Protein will interfere with the absorption of more useful nutrients, in respect to the competition at hand. Sugar slows down emptying of the stomach, which will lead to stomach distress and will dehydrate the athlete.

Tea or coffee should be avoided. The caffeine will act as a diuretic, causing discomfort for the athlete and contributing to dehydration. The caffeine will also act as a stimulant for a period of time, and then a depression period will follow.

Eat a meal containing primarily complex carbohydrates. This type of nutrient is the source of most of the energy used by the athlete in competition.

Drinking water is important. Water will prevent dehydration, will not affect stomach emptying, and help regulate body temperature.

While nutritional practices are not a replacement for hard work, proper technique and the desire to excel, they do play a part in the fortunes of the athlete. When all things are equal, the athlete who pays closer attention to what he or she eats will usually be more successful.

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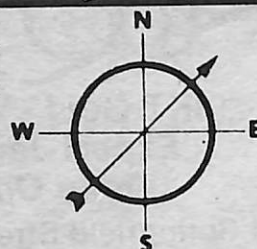


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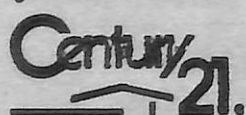
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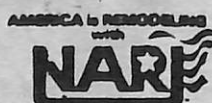
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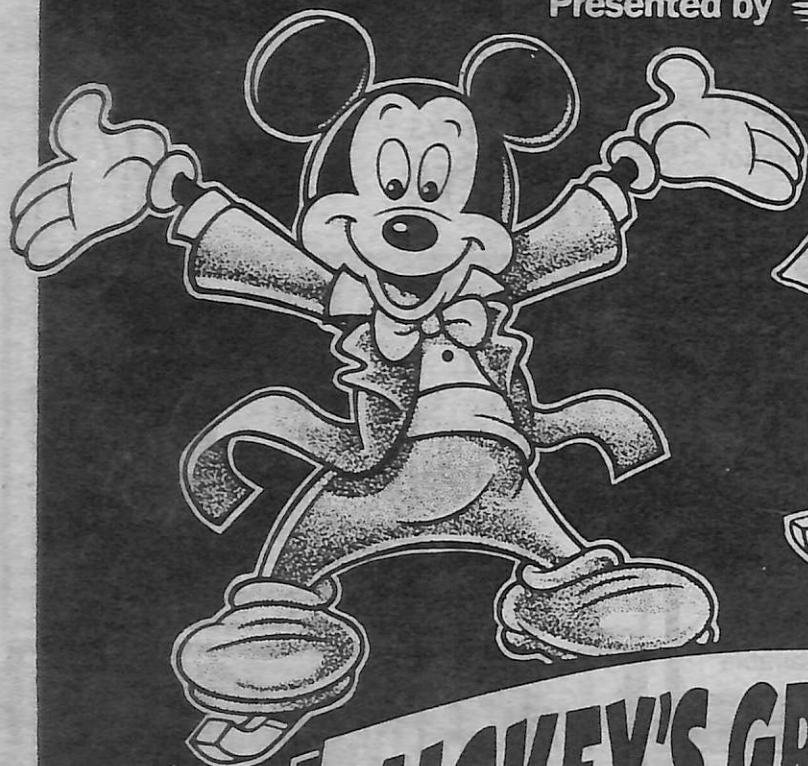
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